

**GURU NANAK KHALSA COLLEGE FOR WOMEN
MODEL TOWN, LUDHIANA**



**REPORT ON
NSS ACTIVITIES
JUNE - DECEMBER 2024**

Maneeta
PRINCIPAL

DR. MANEETA KAHLON

Dr. MANEETA KAHLON
Principal

NSS COORDINATOR

Neetu Prakash
**DR. NEETU PRAKASH
MRS SATWANT KAUR**

Satwant Kaur

Sr.no	Name of the Activity	Date
1	International Yoga Day celebrated at GNKCW	June 21, 2024
2	World Environment Day 2024	
	❖ World Environment Day 2024 (Part – I) Pledge	June 5, 2024
	❖ World Environment Day 2024 (Part – II) Giddha Performance	June 5, 2024
	❖ World Environment Day 2024 (Part – III) Certificates of appreciation	June 5, 2024
	❖ World Environment Day 2024 (Part – IV) Essay Writing Competition	June 6, 2024
	❖ World Environment Day 2024 (Part-V) June 05, 2024 Online Quiz Competition	June 5, 2024
	❖ World Environment Day 2024 (Part-VI) June 05, 2024 World Food Safety Day	June 7, 2024
3	World Environment Day 2024 (Part-VII) Competition on Repurposing of old clothes	June 12, 2024
4	World Population Day observed at GNKCW	July 11, 2024
5	Lecture on youth-related schemes and provisions under the Union Budget 2024-25	July 26, 2024
6	Cyber Jagrukta Diwas 2024	August 7, 2024
7	Organized a number of events as a part Har Ghar Tiranga Celebration	August 9 - August 15, 2024
	❖ Selfies with the Tiranga	August 10, 2024
	❖ Har Ghar Tiranga Pledge	August 10, 2024
	❖ Har Ghar Tiranga Quiz	August 12, 2024
	❖ Singing of the National Anthem	August 14, 2024
	❖ Patriotic Songs	August 14, 2024
8	Organized a week-long celebration of National Sports Day	August 27-30, 2024
	❖ Lemon Race, Walk Race, Sack Race, and Skipping Rope	August 27, 2024
	❖ Tug of War and Langadi Competition	August 28, 2024
	❖ Table Tennis	August 29, 2024

	❖ Plank Challenge	August 30, 2024
9	Organized a blood donation and health check camp	August 6, 2024
10	#Poshan Maah WEEK 1	September 2024
	❖ Lecture on Sensitization and Awareness of Anemia Among Adolescent Girls WEEK I	September 2, 2024
	❖ Stall of Nutritious Dahi bhalla	September 06, 2024
	#Poshan Maah WEEK 2	
	❖ Growth Monitoring for Pre Primary & Primary School Children	September 11, 2024
	❖ Lecture focused on weaning and supplementary foods.	September 13, 2024
	#Poshan Maah WEEK 3	
	❖ Workshop on soft toy making	September 19, 2024
	#Poshan Maah WEEK 4	
	❖ Yoga camp	September 23, 2024
	❖ Maintained herbal and kitchen garden	September 30, 2024
11	Cyber Jagrukta Diwas	September 4, 2024
12	NSS Day Awareness Rally 2024	September 24, 2024
13	Cleanliness Drive	September 27, 2024
14	Gandhi Jayanti	October 1, 2024
15	National Voluntary Blood Donation Day	October 1, 2024
16	E-Waste collection drive as part of Diwali Event 'Roshni'	October 28, 2024
17	Rashtriya Ekta Diwas	October 31, 2024
18	Cyber Jagrukta Diwas	November 6, 2024
19	Awareness Talk on National Cancer Awareness Day	November 8, 2024
20	National Integration Week Observation 2024	November 22, 2024
21	Constitution Day Observation 2024	November 26, 2024
22	Participation in Chrysanthemum Show 2024	December 3rd and 4th, 2024
23	Human Rights Day Celebration 2024	December 10, 2024
24	Veer Bal Diwas	December 26, 2024

International Yoga Day celebrated at GNKCW

Organized by:	IQAC, NCC Wing, NSS Wing, and Department of Physical Education
Collaborators:	3 PB Girls Battalion and Indian Bank, Ludhiana
Venue:	Guru Nanak Khalsa College for Women, Ludhiana
Date:	June 21, 2024
No. of students:	305
Social Media Links:	https://www.facebook.com/gnwludhiana/posts/pfbid0WqV4aiZg2CWGtU7fSXqrD5wdfRu19a61i9exZTsHEcjJsK2udzwEvygmmVY5c2WKl
	https://www.facebook.com/gnwludhiana/posts/pfbid0dzGJUT3hyH5yWp4FHzRVo8Xd1x91hHjba3sD3EhXBCRbN3MZA8Tq49SQRWoyreXl

Under the aegis of Internal Quality Assurance Cell, NCC Wing, NSS Wing and Department of Physical Education of Guru Nanak Khalsa College for Women, Ludhiana in collaboration with 3 PB Girls Battalion, Indian Bank of Ludhiana celebrated International Yoga Day on 21 June, 2024 in the college campus today, as per the directives of Ministry of Education and DGNCC, Government of India under the theme, “Yoga for Self and Society”.




On this day, a yoga session was organized to raise awareness among students the numerous benefits of yoga and to promote its holistic approach for physical, mental, and spiritual well-being. A total of 305 participants, including representatives from Indian Bank and Ludhiana schools, enthusiastically joined in, showcasing strong community outreach. Madam Amarjeet, an experienced yoga instructor, led the participants through various yoga poses.

The coordination and smooth execution of the event were ensured by Mrs. Satwant Kaur, NSS Programme Officer, Lt. Sukhjit Kaur, Associate NCC Officer, Mrs Parminder Kaur, Department of Physical Education and NCC Unit Staff SM Rakesh Kumar, Hav. Sandeep and Hav. Manjit Singh. Their oversight played a crucial role in facilitating a seamless flow of activities and maintaining high levels of participant involvement throughout the day. Principal, Dr. Maneeta Kahlon the underlined the major benefits of yoga and explained how regular yoga practice may reduce levels of stress, body-wide inflammation and contributes to healthier hearts.

PHOTOGRAPHS






Guru Nanak Khalsa College for Women
 Gujarkhan Campus, Model Town, Ludhiana
 Under the aegis of IQAC
NCC Wing, NSS Unit & Department of Physical Education
 In collaboration with 3PB (G) Battalion
 celebrate

International YOGA Day

YOGA FOR SELF AND SOCIETY
 Yoga Instructor:
Ms. Amarjit Kaur
 21st June, 2024
 Principal
Dr. Maneeta Kahlon
 NSS Programme Officers
Dr. Neetu Prakash
Mrs. Satwant Kaur
 NCC Officers
Lt. Sukhjot Kaur (ANO)





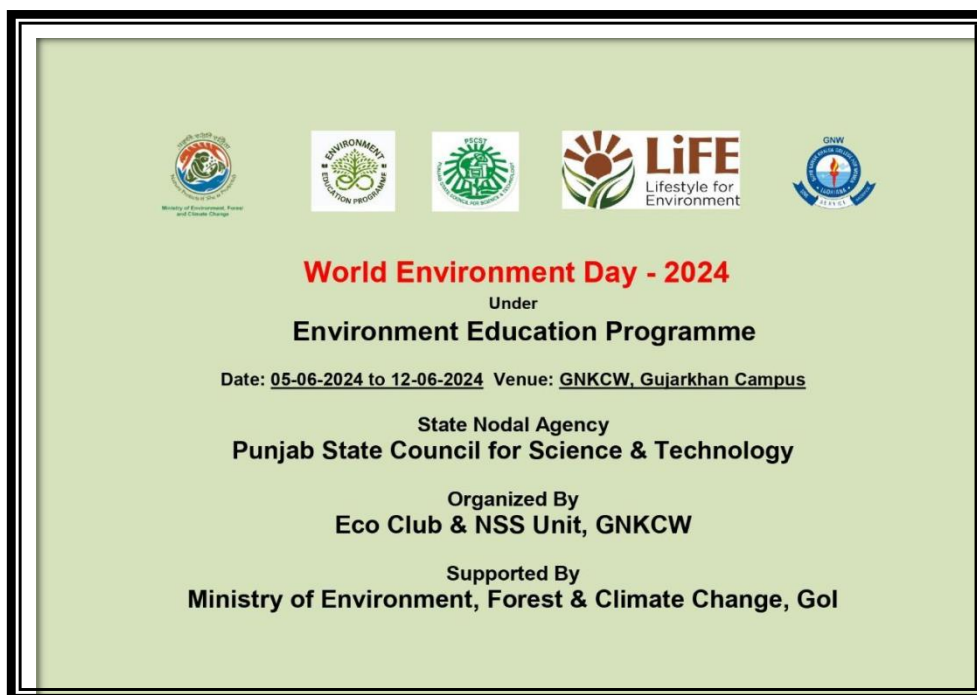
PRESS CLIPPINGS





Project Completion Report Format
under
Environment Education Program-2023-24

Name of Organizing Agency	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Coordinator (Name, Mobile & E-mail ID)	Satwant Kaur8146577597 satwant29081982@gmail.com
Event Category	‘A’
Type of Event	Environmental Awareness
Event Start Date Event End Date	June 05, 2024 to June 12, 2024
Venue/Location	Guru Nanak Khalsa College for Women, Model Town, Ludhiana.
Event Description	Detailed Report of Day 1 is given below
Detail of Activities (Mention Name of Activity)	1.) Giddha Performance 2.) Pledge 3.) Quiz 4.) Essay writing 5.) World Food Safety Day 6.) Competition on Repurposing of old clothes
Aligned with LiFE Mission	1.) Energy Saved 2.) Water Saved 3.) Single-use Plastic reduced 4.) Sustainable food systems adopted 5.) Healthy Lifestyles adopted 6.) E-Waste reduced 7.) Waste reduced 8.) Capacity Building created
Target Beneficiary	1.) Students 2.) Teachers
No. of Students participated	300
No. of Teachers participated	16
Did all participants take LiFE Pledge	Yes
Photographs/Videos/Press Clippings of the event	Also Sent in Google Drive.



World Environment Day 2024 (Part – I) Pledge	
Organized by:	Eco Club, NSS Unit, and NCC Cadets
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	June 5, 2024
No. of students	100
No. of Teachers participated	2
Social Media Link:	https://www.facebook.com/gnwludhiana/posts/pfbid0kWZQNZ1uDgubc8R3Vr85teg_mc6GGkc3LzNfxW6Zv9Rj2T7aJ95neTxvBTExwqSCRl
	https://www.instagram.com/p/C70v_Pixop2/?utm_source=ig_web_copy_link&igsh=M_zRIODBiNWFIZA==
<p>Environment Day was celebrated by taking pledge in which students from Eco Club, NSS unit and NCC cadets were participated on June 05, 2024.</p> <p>Pledge</p> <p>“I pledge to use natural and eco-friendly products over plastic. I pledge that I will do everything in my capacity to spread awareness and mobilize participation towards this campaign for reducing plastic waste by less than half.”</p>	

PHOTOGRAPHS



World Environment Day 2024 (Part – II) June 05, 2024 Giddha Performance

Organized by:	Eco Club and NSS Unit
Supported by:	Ministry of Environment, Forest, and Climate Change, Government of India
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	June 5, 2024
No. of students	30
No. of Teachers participated	9
Social Media Link	https://www.instagram.com/p/C702Y1Ox0DU/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFiZA== https://www.facebook.com/gnwludhiana/posts/pfbid0qqx9riBRHEhNg73D2Mmn8CdzhvJD_VUWK86YPhP1jDkRthitq5z5BLZE7h2zKSZntl

GNKCW Celebrates World Environment Day with Unique Giddha Performance to Raise Environmental Awareness

The Eco Club and NSS Unit of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana organized a vibrant celebration for World Environment Day, supported by the Ministry of Environment, Forest and Climate Change, Government of India. The event was marked by a unique and engaging performance of Giddha, a traditional Punjabi folk dance, set to bolis (folk songs) centered on environmental themes.

The initiative aimed to sensitize students to the importance of protecting the environment through creative expression. The bolis highlighted critical issues such as reducing plastic waste, planting

trees, and embracing sustainable practices.

Dr. Maneeta Kahlon, Principal of the College, addressed the gathering, emphasizing the crucial role of young people in environmental conservation. She encouraged students to adopt the principles of the three R's: Reduce, Reuse, and Recycle, as part of their daily lives to help mitigate environmental challenges.

"This innovative approach of using Giddha not only celebrates our cultural heritage but also serves as a powerful medium to spread awareness about environmental issues. By incorporating environmental messages into our traditional dance, we hope to inspire our students to take concrete actions towards protecting our planet," said Dr. Kahlon.

The event witnessed enthusiastic participation from students, who expressed their commitment to the cause by pledging to reduce their plastic usage, engage in tree-planting activities, and promote sustainable practices within their communities.

GNKCW's celebration of World Environment Day underscores the college's dedication to fostering environmental education and stewardship among its students.

PHOTOGRAPHS



World Environment Day 2024 (Part – III) June 05, 2023 Certificates of appreciation.

Organized by:	Eco Club and NSS Unit
Supported by:	Ministry of Environment, Forest, and Climate Change, Government of India
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	June 5, 2024
No. of students	30
No. of Teachers participated	9

Social Media Link	https://www.instagram.com/p/C703pcGx6zi/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA==
	https://www.facebook.com/gnwludhiana/posts/pfbid02vgjHaYhpgwyoCoxFWbHKJRYZz7_aD9Acd3JMfd4dQP7BuqGQDm4kPi2aVyEFARyeAl
<p>GNKCW Celebrates World Environment Day by presenting students with certificates of appreciation.</p> <p>The Eco Club and NSS Unit of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana organized a vibrant celebration for World Environment Day, supported by the Ministry of Environment, Forest and Climate Change, Government of India.</p> <p>Certificates of appreciation were given to the students who participated in Giddha to spread the message of awareness of saving the environment.</p>	

PHOTOGRAPHS



World Environment Day 2024 (Part-IV) June 06, 2024

Essay Writing Competition

Organized by:	Eco Club and NSS Unit
Supported by:	Ministry of Environment, Forest, and Climate Change, Government of India
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	June 6, 2024
No. of students	50
No. of Teachers participated	3
Social Media Link	https://www.instagram.com/p/C73jKxOybG0/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA== https://www.facebook.com/gnwludhiana/posts/pfbid0Df3Uc7D4dK2QoNztWdH6nUZ_hb2zRKPKe52jckr5eSGK8ZvcTXpUXhdMBw3C5x4SDI

GNKCW Celebrates World Environment Day by organizing Essay Writing Competition. The Eco Club and NSS Unit of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana, organized a vibrant celebration for World Environment Day, supported by the Ministry of Environment, Forest, and Climate Change, Government of India.

The event featured an essay writing competition, celebrating World Environment Day from June 5 to June 12, 2024, focusing on the topic of "Environmental Awareness - Issues and Challenges." Students expressed their opinions on various issues such as environmental degradation, plastic usage, drought, climate change, etc.

Dr. Maneeta Kahlon, Principal of the College, appreciated and encouraged the students' efforts towards environmental awareness.

PHOTOGRAPHS





World Environment Day 2024 (Part-V) June 05, 2024

Online Quiz Competition

Organized by:	Eco Club and NSS Unit
Supported by:	Ministry of Environment, Forest, and Climate Change, Government of India
Venue:	Online Platform (Google Form)
Date:	June 5, 2024
No. of students	144
No. of Teachers participated	2
Social Media Link	https://www.facebook.com/gnwludhiana/posts/pfbid021xdT9utvATxAGai7uMHmCZHtqX_JcnpM57Heoift5zdtGAWEUWinuDCTiAPY5UH2l
	https://www.instagram.com/p/C73lHKwxbSF/?utm_source=ig_web_copy_link&igsh=MzRI_ODBiNWFIZA==

GNKCW Celebrates World Environment Day by organizing Online Quiz Competition The Eco Club and NSS Unit of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana, organized a vibrant celebration for World Environment Day, supported by the Ministry of Environment, Forest, and Climate Change, Government of India. The event featured an online quiz competition on the theme “Environmental Sustainable Goals” was conducted via Google Form, with numerous students participating enthusiastically. Dr. Maneeta Kahlon, Principal of the College, motivated the students for caring about the environment.

CERTIFICATES

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QUIZ ON WORLD ENVIRONMENT DAY
LAND RESTORATION, DESERTIFICATION AND DROUGHT RESILIENCE
5th June, 2024
Sulabh-IIHH EIACP Resource Partner
Ministry of Environment, Forest & Climate Change
Government of India

Quiz on World Environment Day - June 5th, 2024

Total points 19/20 ?

Sulabh-IIHH EIACP RP sponsored by Ministry of Environment, Forest and Climate Change, Govt. of India is hosting an online quiz competition to celebrate World Environment Day on June 5th, 2024. Test your knowledge of Land Restoration, Desertification and Drought

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QUIZ ON WORLD ENVIRONMENT DAY
LAND RESTORATION, DESERTIFICATION AND DROUGHT RESILIENCE
5th June, 2024
Sulabh-IIHH EIACP Resource Partner
Ministry of Environment, Forest & Climate Change
Government of India

Quiz on World Environment Day - June 5th, 2024

Total points 17/20 ?

Sulabh-IIHH EIACP RP sponsored by Ministry of Environment, Forest and Climate Change, Govt. of India is hosting an online quiz competition to celebrate World Environment Day on June 5th, 2024. Test your knowledge of Land Restoration, Desertification and Drought Resilience and earn a certificate for

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Quiz on World En...

QUIZ ON WORLD ENVIRONMENT DAY
LAND RESTORATION, DESERTIFICATION AND DROUGHT RESILIENCE
5th June, 2024
Sulabh-IIHH EIACP Resource Partner
Ministry of Environment, Forest & Climate Change
Government of India

Quiz on World Environment Day - June 5th, 2024

Total points 15/20 ?

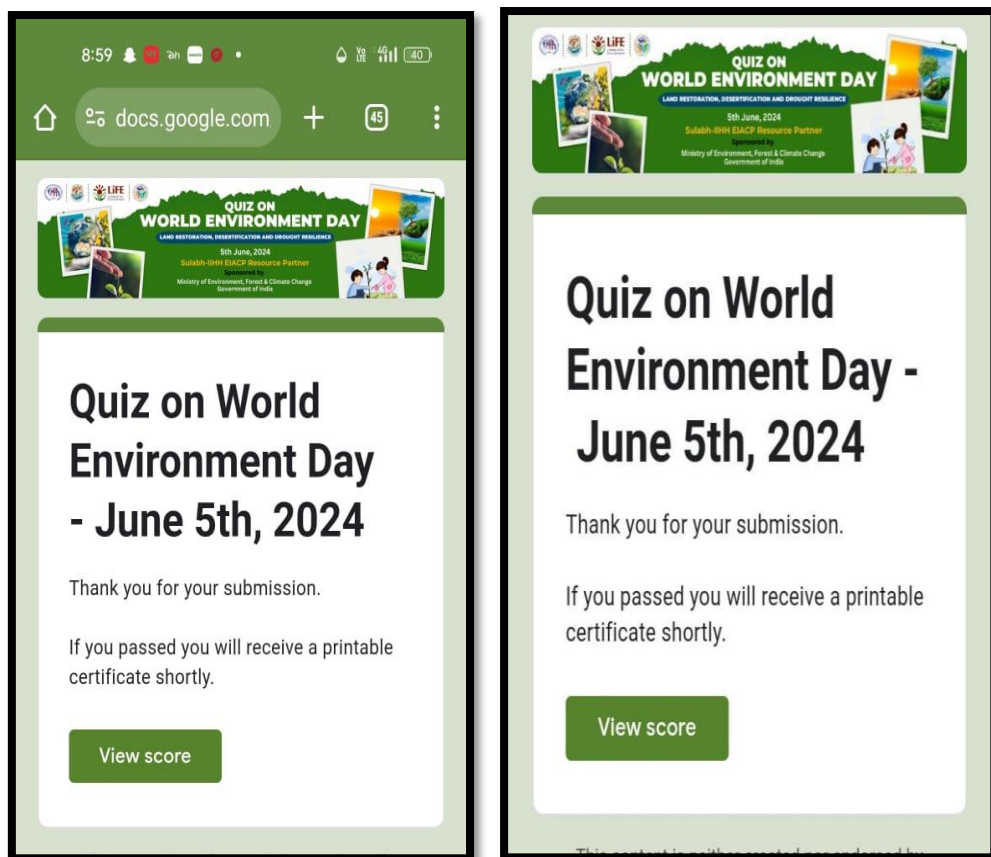
Sulabh-IIHH EIACP RP sponsored by Ministry of Environment, Forest and Climate Change, Govt. of India is hosting an online quiz competition to celebrate World Environment Day on June 5th, 2024. Test your knowledge of Land Restoration, Desertification and Drought Resilience and earn a certificate for participation. The competition closes on June 5th, 2024 at 10 PM IST. Join the fight to protect our planet.

QUIZ ON WORLD ENVIRONMENT DAY
LAND RESTORATION, DESERTIFICATION AND DROUGHT RESILIENCE
5th June, 2024
Sulabh-IIHH EIACP Resource Partner
Ministry of Environment, Forest & Climate Change
Government of India

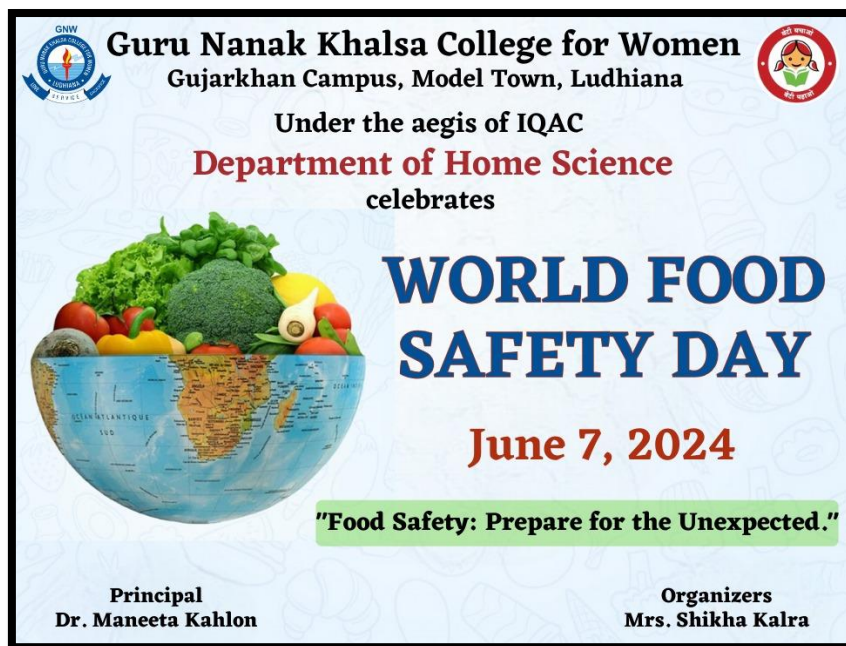
Quiz on World Environment Day - June 5th, 2024

Total points 16/20 ?

Sulabh-IIHH EIACP RP sponsored by Ministry of Environment, Forest and Climate Change, Govt. of India is hosting an online quiz competition to celebrate World Environment Day on June 5th, 2024. Test your knowledge of Land Restoration, Desertification and Drought Resilience and earn a certificate for participation. The competition closes on June 5th, 2024 at 10 PM IST. Join the fight to protect our planet.



World Environment Day 2024 (Part-VI) World Food Safety Day	
Organized by:	IQAC, Eco Club, NSS Unit, Department of Home Science in collaboration with Punjab State Council for Science and Technology
Supported by:	Ministry of Environment, Forest, and Climate Change, Government of India
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	June 7, 2024
No. of students	16
No. of Teachers participated	3
Social Media links	https://www.instagram.com/p/C76AtuYxPq5/?igsh=MW1xN3JxbnV4azhxbQ==
	https://www.facebook.com/share/p/crCaNdYEhcZr127a/?mibextid=oFDknk
<p>Under the aegis of Internal Quality Assurance Cell, under the guidance of Eco club, NSS unit in collaboration with Punjab State Council for Science and Technology, supported by Ministry of Environment, forest and climate Change, Government of India, Department of Home Science Of GNKCW celebrated 'World Food Safety Day on June 7, 2024 designated as "Food Safety: Prepare for the Unexpected" as the theme for 2024. Students were demonstrated different techniques of testing food adulteration in locally available dal, tea leaves milk, ghee, spices and processed foods. Principal Dr.Maneeta Kahlon inspired the students be vigilant while purchasing locally available raw and semi cooked items and to read carefully the label of the packaged product. She explained the effects of adulteration which includes the addition of ingredients to modify different properties of food products for economic advantage as well as color, appearance, taste, weight and shelf life of food.</p>	



PHOTOGRAPHS



World Environment Day (Part VII) 2024 Competition on Repurposing of old clothes

Organized by:	IQAC, NSS Unit, and Fashion Designing Department
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Date:	June 12, 2024
No. of students	9
No. of Teachers participated	3
Social Media Link	https://www.instagram.com/p/C76AtuYxPq5/?igsh=MW1xN3JxbnV4azhxbQ== https://www.facebook.com/share/p/crCaNdYEhcZr127a/?mibextid=oFDknk

Under the aegis of IQAC, NSS unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana in collaboration with Fashion Designing Department organized a competition on repurposing of old clothes. This event not only showcased students' creativity but also underscored the importance of sustainability in our daily lives.

On June 12, 2024, the culmination of this initiative took place through a prize distribution ceremony. Cash prizes were awarded to the talented students who demonstrated exceptional skill in crafting beautiful handbags from discarded garments. Their efforts not only breathed new life into old materials but also contributed to environmental conservation, aligning perfectly with the ethos of World Environment Day. This activity was organised by NSS Programme Officers Dr. Neetu Prakash and Mrs Satwant Kaur.

Principal Dr. Maneeta Kahlon played a pivotal role in fostering enthusiasm and support for this endeavor. Her encouragement served as a catalyst, inspiring students to explore innovative ways of contributing positively to both society and the environment.

PHOTOGRAPHS



ਜੇਤੂ ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਨਾਲ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਅਤੇ ਹੋਰ। ਤਸਵੀਰ-ਸੋਹਣ ਸਿੱਧੂ

ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਵਿਖੇ ਕਰਵਾਏ ਗੁਰਨ ਪ੍ਰਦਰਸ਼ਨ ਮੁਕਾਬਲੇ

ਲੁਧਿਆਣਾ, 12 ਜੂਨ (ਜਸਵਿੰਦਰ ਸਿੰਘ)-ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫ਼ਾਰ ਵੁਮੈਨ ਮਾਡਲ ਟਾਊਨ ਲੁਧਿਆਣਾ ਦੀ ਐਨ. ਐਸ. ਐਸ. ਯੂਨਿਟ ਆਈ. ਕਿਊ. ਏ. ਸੀ. ਦੀ ਦੇਖ-ਰੇਖ ਹੇਠ ਫ਼ੈਸਲ ਫ਼ਿਜ਼ਾਈਨਿੰਗ ਵਿਭਾਗ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਪੁਰਾਣੇ ਕੈਂਪਿਅਾਂ ਨੂੰ ਦੁਬਾਰਾ ਤਿਆਰ ਕਰਨ ਦੇ ਮੁਕਾਬਲੇ ਕਰਵਾਏ ਗਏ। ਸਮਾਗਮ ਨੇ ਨਾ ਸਿਰਫ਼ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਰਚਨਾਤਮਿਕਤਾ ਦਾ ਪ੍ਰਦਰਸ਼ਨ ਕੀਤਾ ਸਗੋਂ ਸਾਡੇ ਰੋਜ਼ਾਨਾ ਜੀਵਨ ਵਿਚ ਸਥਿਰਤਾ ਦੇ ਮੰਤਵ ਨੂੰ ਵੀ ਰੇਖਾਂਕਿਤ ਕੀਤਾ। ਇਸ ਪਹਿਲਕਦਮੀ ਦੀ ਸਮਾਪਤੀ ਇਕ ਦਿਨਾਮ ਵੱਡਾ ਸਮਾਹਰ ਦੁਆਰਾ ਹੋਈ। ਉਨ੍ਹਾਂ ਪ੍ਰਤਿਭਾਸ਼ਾਲੀ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਨਕਦ ਇਨਾਮ ਦਿੱਤੇ ਗਏ ਜਿਨ੍ਹਾਂ ਨੇ ਰੈੱਦ ਕੀਤੇ ਕੈਂਪਿਅਾਂ ਤੋਂ ਸੁੰਦਰ ਹੋਂਡ ਬੇਗ ਬਣਾਉਣ ਵਿਚ



ਬੇਮਿਸਾਲ ਗੁਨਰ ਦਾ ਪ੍ਰਦਰਸ਼ਨ ਕੀਤਾ। ਉਨ੍ਹਾਂ ਯਤਨਾਂ ਨੇ ਨਾ ਸਿਰਫ਼ ਪੁਰਾਣੀਆਂ ਸਮੱਗਰੀਆਂ ਵਿਚ ਨਵੀਂ ਜਾਨ ਦਾ ਸਾਹ ਲਿਆ ਸਗੋਂ ਵਿਸ਼ੇਸ਼ਤਾ ਵਾਤਾਵਰਨ ਵਿਚ ਸ਼ਾਂਤੀ ਦੇ ਸੰਕਾਹਾਂ ਨਾਲ ਪੁਰਾਣੇ ਤਰ੍ਹਾਂ ਮੇਲ ਖਾਂਦੀਆਂ ਵਾਤਾਵਰਨ ਦੀ ਸੰਭਾਲ ਵੀ ਯੋਗਦਾਨ ਪਾਇਆ। ਇਸ ਗਤੀਵਿਧੀ ਦਾ ਪ੍ਰਬੰਧ ਅਨੰਦ ਐਸ. ਐਸ. ਪ੍ਰੋਗਰਾਮ ਅਫ਼ਸਰ ਡਾ. ਨੀਤੂ ਪ੍ਰਕਾਸ਼ ਤੇ ਸਤਵੰਤ ਕੌਰ ਨੇ ਕੀਤਾ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਇਸ ਮੁਕਾਬਲੇ ਲਈ ਉਤਸ਼ਾਹ ਤੇ ਸਮਰਥਨ ਵਧਾਉਣ ਵਿਚ ਅਹਿਮ ਭੂਮਿਕਾ ਨਿਭਾਈ। ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸਮਾਜ ਅਤੇ ਵਾਤਾਵਰਨ ਦੋਵਾਂ ਵਿਚ ਸਕਾਤਾਤਮਿਕ ਯੋਗਦਾਨ ਪਾਉਣ ਨੂੰ ਨਵੀਨਤਾਕਾਮੀ ਤਰੀਕਿਆਂ ਦੀ ਖੋਜ ਕਰਨ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ।

World Population Day observed at GNKCW

Organized by:	Internal Quality Assurance Cell (IQAC), Department of Economics, and National Service Scheme (NSS)
Venue:	Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana
Date:	July 11, 2024
No. of students	68
Social Media Links	https://www.facebook.com/gnwludhiana/posts/pfbid02SiynNyxLrnHbJEsYutZ5YPpW7YQ4eDVZ4QPrGyrhDn86Q764zBkqvS7U6C6ezCY9l
	https://www.instagram.com/p/C9Rm5SeSK8J/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFiZA==


Under the aegis of Internal Quality Assurance Cell (IQAC), the Department of Economics of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana in collaboration with the National Service Scheme (NSS), observed World Population Day with great enthusiasm in the college campus on July 11, 2024. Mrs. Seema Dua, Head of the Department of Economics, elaborated the theme of the day “leave no one behind, Count everyone”, ensuring accurate counts of all people in worldwide. She also discussed in detail the various challenges posed by overpopulation, including the strain on natural resources, increased pollution, and the pressure on public services such as healthcare and education. She emphasized the importance of family planning, sustainable development, and the need for policies that address population growth effectively.

Principal Dr. Maneeta Kahlon, shared her perspective on the challenges of population explosion. Dr. Kahlon expressed concerns over the rapid increase in population and its implications on economic and social development


Guru Nanak Khalsa College for Women
 Gujarkhan Campus, Model Town, Ludhiana
 

Under the aegis of IQAC
Department of Economics & NSS Unit
 observes

**World
Population
Day**
11th July, 2024

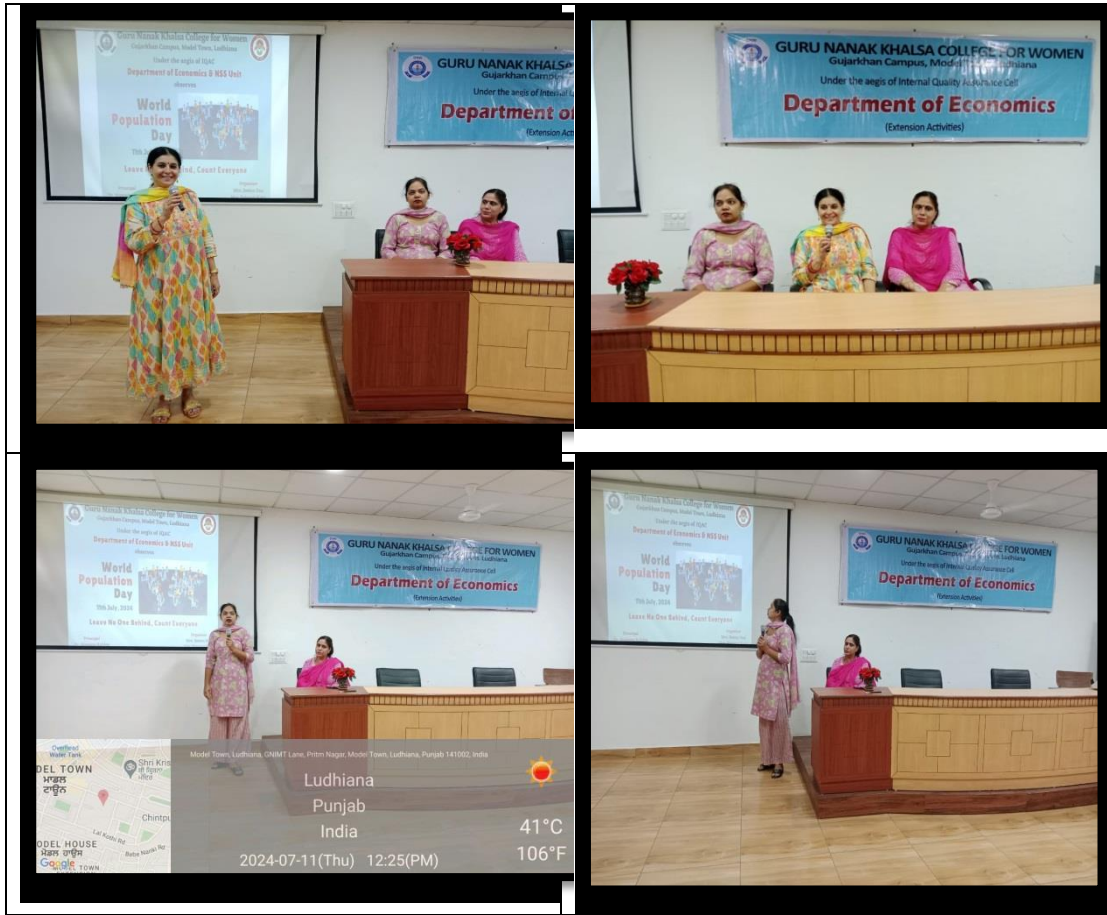


Leave No One Behind, Count Everyone

Principal
 Dr. Maneeta Kahlon

Organizer
 Mrs. Seema Dua
 Mrs. Satwant Kaur

PHOTOGRAPHS



PRESS CLIPPINGS




Lecture on youth-related schemes and provisions under the Union Budget 2024-25

Organized by:	Internal Quality Assurance Cell, NSS Unit, and Department of Commerce
Venue:	Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana
Date:	26th July 2024
No. of students	25
Social Media Links:	https://www.facebook.com/gnwludhiana/posts/pfbid02TrWpCXEEWZucrABEqbQ9t1hRmQFccnu7SG8XJJ2LxTBEhcYJGEaRAL1ftxDfEahFl
	https://www.instagram.com/p/C94IM2Myj-Q/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Under the aegis of Internal Quality Assurance Cell, NSS Unit in collaboration with Department of Commerce of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana hosted an insightful lecture on youth-related schemes and provisions under the Union Budget 2024-25 on 26th July 2024.

Mrs. Maninder Kaur, Head of the Department of Commerce was the keynote speaker. With her extensive knowledge and experience, she explained the various schemes outlined in the budget, highlighting how these initiatives are tailored to benefit the youth. She emphasized the importance of understanding these financial provisions and encouraged Principal, Dr. Maneeta Kahlon, addressed the students with inspiring words of advice. She urged them to be proactive in seeking opportunities and underscored the vital role that awareness and education play in shaping their futures.



Guru Nanak Khalsa College for Women
Gujarkhan Campus, Model Town, Ludhiana

Under the aegis of IQAC

NSS Unit
in collaboration with **PG DEPARTMENT OF COMMERCE**

presents

**Youth Related Schemes and Provisions under
UNION BUDGET 2024-25**

26th July, 2024

Resource Person
Mrs. Maninder Kaur
HOD, Associate Professor

Principal
Dr. Maneeta Kahlon

Organizer
Mrs. Satwant Kaur
NSS Programme Officer

PHOTOGRAPHS



PRESS CLIPPINGS



ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਵਿਖੇ ਭਾਸ਼ਣ ਦਿੰਦੇ ਕਾਮਰਸ ਵਿਭਾਗ ਦੀ ਮੁਖੀ ਮਨਿੰਦਰ ਕੌਰ। ਮੰਚ 'ਤੇ ਬੈਠੇ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਤੇ ਹੋਰ। ਪੰਜਾਬੀ ਜਾਗਰਤ

ਬਜਟ 'ਚ ਨੌਜਵਾਨਾਂ ਨਾਲ ਸਬੰਧਤ ਯੋਜਨਾਵਾਂ ਬਾਰੇ ਦੱਸਿਆ

ਪੁਨੀਤ ਬਾਵਾ • ਪੰਜਾਬੀ ਜਾਗਰਤ

ਲੁਧਿਆਣਾ : ਐਨਐੱਸਐੱਸ ਯੂਨਿਟ ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਹਜ਼ੂਰ ਕੈਂਪਸ ਮਾਡਲ ਟਾਊਨ ਲੁਧਿਆਣਾ ਦੇ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਅਸ਼ੇਰੈਂਸ ਸੈਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਕਾਮਰਸ ਵਿਭਾਗ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਸਮਾਗਮ ਕਰਵਾਇਆ ਗਿਆ। ਇਸ ਦੌਰਾਨ ਕੇਂਦਰੀ ਬਜਟ 2024-25 ਤਹਿਤ ਨੌਜਵਾਨਾਂ ਨਾਲ ਸਬੰਧਤ ਯੋਜਨਾਵਾਂ ਅਤੇ ਉਪਬੰਧਾਂ ਬਾਰੇ ਭਾਸ਼ਣ ਕਰਵਾਇਆ ਗਿਆ। ਕਾਮਰਸ ਵਿਭਾਗ ਦੀ ਮੁਖੀ ਮਨਿੰਦਰ

ਕੌਰ ਮੁੱਖ ਬੁਲਾਰੇ ਸਨ। ਉਨ੍ਹਾਂ ਨੇ ਬਜਟ 'ਚ ਦਰਸਾਈਆਂ ਗਈਆਂ ਵੱਖ-ਵੱਖ ਯੋਜਨਾਵਾਂ ਦੀ ਵਿਆਖਿਆ ਕੀਤੀ। ਉਨ੍ਹਾਂ ਇਹ ਵੀ ਦੱਸਿਆ ਕਿ ਇਹ ਪਹਿਲਕਦਮੀਆਂ ਨੌਜਵਾਨਾਂ ਨੂੰ ਲਾਭ ਪਹੁੰਚਾਉਣ ਲਈ ਕਿਵੇਂ ਤਿਆਰ ਕੀਤਾ ਗਿਆ ਹੈ। ਉਨ੍ਹਾਂ ਨੇ ਇਨ੍ਹਾਂ ਵਿੱਤੀ ਪ੍ਰਬੰਧਾਂ ਨੂੰ ਸਮਝਣ ਦੀ ਮਹੱਤਤਾ 'ਤੇ ਜ਼ੋਰ ਦਿੱਤਾ ਅਤੇ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪ੍ਰੇਰਨਾਦਾਇਕ ਸ਼ਬਦਾਂ ਨਾਲ ਸੰਬੋਧਨ ਕੀਤਾ। ਉਨ੍ਹਾਂ ਨੇ ਉਹਨਾਂ ਨੂੰ ਮੌਕਿਆਂ ਦੀ ਭਾਲ ਵਿੱਚ ਸਰਗਰਮ ਹੋਣ ਦੀ ਤਾਕੀਦ ਕੀਤੀ।

ਜਲੰਧਰ 27 ਜੁਲਾਈ 2024

ਪੰਜਾਬੀ ਜਾਗਰਤ | 3



ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਵਿਖੇ ਭਾਸ਼ਣ ਦਿੰਦੇ ਕਾਮਰਸ ਵਿਭਾਗ ਦੀ ਮੁਖੀ ਮਨਿੰਦਰ ਕੌਰ। ਮੰਚ 'ਤੇ ਬੈਠੇ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਤੇ ਹੋਰ। ਪੰਜਾਬੀ ਜਾਗਰਤ

ਬਜਟ 'ਚ ਨੌਜਵਾਨਾਂ ਨਾਲ ਸਬੰਧਤ ਯੋਜਨਾਵਾਂ ਬਾਰੇ ਦੱਸਿਆ

ਪੁਨੀਤ ਬਾਵਾ • ਪੰਜਾਬੀ ਜਾਗਰਤ

ਲੁਧਿਆਣਾ : ਐਨਐੱਸਐੱਸ ਯੂਨਿਟ ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਹਜ਼ੂਰ ਕੈਂਪਸ ਮਾਡਲ ਟਾਊਨ ਲੁਧਿਆਣਾ ਦੇ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਅਸ਼ੇਰੈਂਸ ਸੈਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਕਾਮਰਸ ਵਿਭਾਗ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਸਮਾਗਮ ਕਰਵਾਇਆ ਗਿਆ। ਇਸ ਦੌਰਾਨ ਕੇਂਦਰੀ ਬਜਟ 2024-25 ਤਹਿਤ ਨੌਜਵਾਨਾਂ ਨਾਲ ਸਬੰਧਤ ਯੋਜਨਾਵਾਂ ਅਤੇ ਉਪਬੰਧਾਂ ਬਾਰੇ ਭਾਸ਼ਣ ਕਰਵਾਇਆ ਗਿਆ। ਕਾਮਰਸ ਵਿਭਾਗ ਦੀ ਮੁਖੀ ਮਨਿੰਦਰ

ਕੌਰ ਮੁੱਖ ਬੁਲਾਰੇ ਸਨ। ਉਨ੍ਹਾਂ ਨੇ ਬਜਟ 'ਚ ਦਰਸਾਈਆਂ ਗਈਆਂ ਵੱਖ-ਵੱਖ ਯੋਜਨਾਵਾਂ ਦੀ ਵਿਆਖਿਆ ਕੀਤੀ। ਉਨ੍ਹਾਂ ਇਹ ਵੀ ਦੱਸਿਆ ਕਿ ਇਹ ਪਹਿਲਕਦਮੀਆਂ ਨੌਜਵਾਨਾਂ ਨੂੰ ਲਾਭ ਪਹੁੰਚਾਉਣ ਲਈ ਕਿਵੇਂ ਤਿਆਰ ਕੀਤਾ ਗਿਆ ਹੈ। ਉਨ੍ਹਾਂ ਨੇ ਇਨ੍ਹਾਂ ਵਿੱਤੀ ਪ੍ਰਬੰਧਾਂ ਨੂੰ ਸਮਝਣ ਦੀ ਮਹੱਤਤਾ 'ਤੇ ਜ਼ੋਰ ਦਿੱਤਾ ਅਤੇ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪ੍ਰੇਰਨਾਦਾਇਕ ਸ਼ਬਦਾਂ ਨਾਲ ਸੰਬੋਧਨ ਕੀਤਾ। ਉਨ੍ਹਾਂ ਨੇ ਉਹਨਾਂ ਨੂੰ ਮੌਕਿਆਂ ਦੀ ਭਾਲ ਵਿੱਚ ਸਰਗਰਮ ਹੋਣ ਦੀ ਤਾਕੀਦ ਕੀਤੀ।



ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵੁਮੈਨ ਵਿਖੇ ਕਰਵਾਏ ਭਾਸ਼ਨ ਦੌਰਾਨ ਮੌਜੂਦ ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਅਤੇ ਹੋਰ ਸਟਾਫ਼ ਮੈਂਬਰ। ਅਜੀਤ ਤਸਵੀਰ

ਕੇਂਦਰੀ ਬਜਟ 'ਚ ਨੌਜਵਾਨਾਂ ਨਾਲ ਸੰਬੰਧਿਤ ਯੋਜਨਾਵਾਂ ਤੇ ਵਿਵਸਥਾਵਾਂ 'ਤੇ ਭਾਸ਼ਨ ਕਰਵਾਇਆ

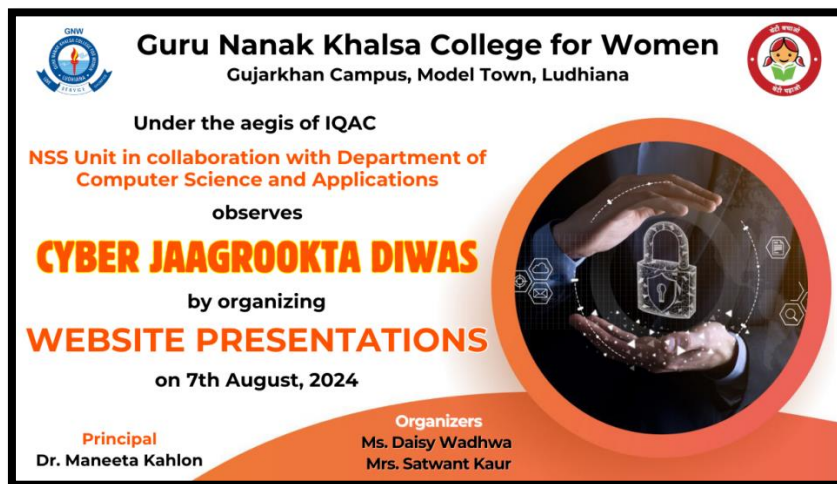
ਲੁਧਿਆਣਾ, 27 ਜੁਲਾਈ (ਜਗਮੀਤ ਸਿੰਘ)–ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵੁਮੈਨ, ਗੁੱਜਰਖਾਨਾ ਕੈਂਪਸ, ਮਾਡਲ ਟਾਊਨ, ਲੁਧਿਆਣਾ ਦੇ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਅਸ਼ੂਰੈਂਸ ਸੈਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਐਨ.ਐਸ.ਐਸ. ਯੂਨਿਟ ਨੇ ਕਾਮਰਸ ਵਿਭਾਗ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਕੇਂਦਰੀ ਬਜਟ 2024-25 'ਚ ਨੌਜਵਾਨਾਂ ਨਾਲ ਸੰਬੰਧਿਤ ਸਕੀਮਾਂ ਅਤੇ ਉਪਬੰਧਾਂ ਬਾਰੇ ਇਕ ਭਾਸ਼ਣ ਕਰਵਾਇਆ ਗਿਆ। ਕਾਮਰਸ ਵਿਭਾਗ ਦੀ ਮੁਖੀ ਮਨਿੰਦਰ ਕੌਰ ਮੁੱਖ ਬੁਲਾਰੇ ਦੇ ਰੂਪ 'ਚ ਸ਼ਾਮਲ ਹੋਏ। ਆਪਣੇ ਵਿਆਪਕ ਗਿਆਨ ਅਤੇ ਤਜਰਬੇ ਦੇ ਨਾਲ ਉਨ੍ਹਾਂ ਬਜਟ ਵਿਚ ਦਰਸਾਏ ਗਏ ਵੱਖ-ਵੱਖ

ਯੋਜਨਾਵਾਂ ਦੀ ਵਿਆਖਿਆ ਇਹ ਉਜਾਗਰ ਕਰਦੇ ਹੋਏ ਕੀਤੀ ਕਿ ਇਹ ਪਹਿਲਕਦਮੀਆਂ ਨੌਜਵਾਨਾਂ ਨੂੰ ਲਾਭ ਪਹੁੰਚਾਉਣ ਲਈ ਕਿਵੇਂ ਤਿਆਰ ਕੀਤੀਆਂ ਗਈਆਂ ਹਨ। ਉਨ੍ਹਾਂ ਇਹਨਾਂ ਵਿੱਤੀ ਪ੍ਰਬੰਧਾਂ ਨੂੰ ਸਮਝਣ ਦੀ ਮਹੱਤਤਾ 'ਤੇ ਜ਼ੋਰ ਦਿੱਤਾ ਅਤੇ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪ੍ਰੇਰਨਾਦਾਇਕ ਸ਼ਬਦਾਂ ਨਾਲ ਸੰਬੋਧਨ ਕੀਤਾ। ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਮੌਕਿਆਂ ਦੀ ਭਾਲ ਵਿਚ ਸਰਗਰਮ ਹੋਣ ਦੀ ਤਾਕੀਦ ਕੀਤੀ ਅਤੇ ਉਨ੍ਹਾਂ ਦੇ ਭਵਿੱਖ ਨੂੰ ਬਣਾਉਣ ਵਿਚ ਜਾਗਰੂਕਤਾ ਅਤੇ ਸਿੱਖਿਆ ਦੀ ਅਹਿਮ ਭੂਮਿਕਾ ਨੂੰ ਕੇਂਦਰਿਤ ਕੀਤਾ।

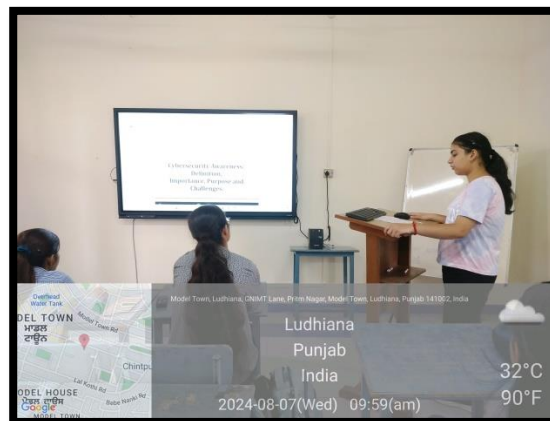
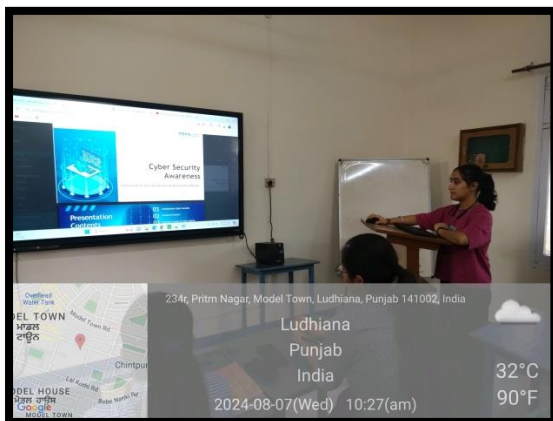
Cyber Jagrukta Diwas 2024	
Organized by:	Department of Computer Science and Applications, in collaboration with NSS Unit, under the aegis of the Internal Quality Assurance Cell (IQAC)
Date:	August 7, 2024
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Social media Links:	
<p>Under the aegis of the Internal Quality Assurance Cell, the Department of Computer Science and Applications at Guru Nanak Khalsa College for Women, Model Town, Ludhiana, in collaboration with the NSS Unit, observed Cyber Jagrukta Diwas with great enthusiasm. The event aimed to generate awareness about the critical issue of cyber security among students.</p> <p>As part of the initiative, students of BCA First Semester actively participated by creating and presenting informative webpages focused on various aspects of cyber security. These webpages covered topics such as safe internet practices, recognizing and avoiding phishing attacks, securing personal information, and understanding the importance of strong passwords. The event was convened by Ms. Daisy Wadhwa and Ms. Satwant Kaur, Assistant Professors in the Department of Computer Science. They guided the students in their projects and emphasized the</p>	

importance of cyber hygiene in today's digital age.

The college Principal, Dr. Maneeta Kahlon, remarked, "In an era where our lives are increasingly intertwined with technology, it is imperative to be aware of the potential cyber threats and how to safeguard against them. Initiatives like Cyber Jagrukta Diwas are crucial in educating young minds and empowering them with the knowledge to protect themselves and others in the digital world."



PHOTOGRAPHS



Organized a number of events as a part Har Ghar Tiranga

Celebration (August 9 - August 15)

“Har Ghar Tiranga” campaign was initiated from August 9-15 with a variety of engaging activities. The events include:

Selfies with the Tiranga

Organized by	NSS Unit
Date:	August 10, 2024
Venue:	Guru Nanak Khalsa College for Women, Ludhiana
Social media Links:	https://www.facebook.com/gnwludhiana/posts/pfbid02ZREvq3pfzYNeGKRfHJPDrKeL53JAZyAsgq7cjaD12Ln2M5eVSZh7ZGVH3ZGSEiJgl
	https://www.instagram.com/p/C-pVnq9S6j0/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFiZA

Students were invited to take selfies with the national flag to showcase their pride and involvement. This activity encouraged personal engagement and allowed students to express their patriotism.

PHOTOGRAPHS





Har Ghar Tiranga Pledge	
Organized by	NSS Unit
Date:	August 10, 2024
Venue:	Guru Nanak Khalsa College for Women, Ludhiana
Social media Links:	https://www.facebook.com/gnwludhiana/posts/pfbid02ZREvq3pfzYNeGKRfHJPDrKeL53JAZyAsgq7cjaD12Ln2M5eVSZh7ZGVH3ZGSEiJg1
	https://www.instagram.com/p/C-pVnq9S6j0/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFiZA==
<p>Students took a pledge to honor the national flag and uphold the values of unity and patriotism. This initiative was designed to instill a sense of commitment and responsibility towards national values.</p>	

Har Ghar Tiranga Quiz	
Organized by	NSS Unit
Date:	August 12, 2024
Venue:	Online (MyGov website)
No. of students	564
Social media Links:	https://www.facebook.com/gnwludhiana/posts/pfbid02ZREvq3pfzYNeGKRfHJPDrKeL53JAZyAsgq7cjaD12Ln2M5eVSZh7ZGVH3ZGSEiJgl
	https://www.instagram.com/p/C-pVnq9S6j0/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Students participated in a quiz hosted on the MyGov website, aimed at enhancing their knowledge and awareness of the initiative. The quiz served to educate students on the significance of the “Har Ghar Tiranga” campaign and related historical facts.



Singing of the National Anthem	
Organized by	NSS Unit
Date:	August 14, 2024

Venue:	Guru Nanak Khalsa College for Women, Ludhiana
No. of students	247
Social Media Links	https://www.facebook.com/gnwludhiana/posts/pfbid02ZREvq3pfzYNeGKRFhJPDrKeL53JAZyAsgq7cjaD12Ln2M5eVSZh7ZGVH3ZGSEiJgl
	https://www.instagram.com/p/C-pVnq9S6j0/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFiZA==

Students gathered to sing the national anthem together, fostering a sense of collective patriotism. This activity was intended to reinforce national pride and unity through a shared experience.

PHOTOGRAPHS



जीएनकेसीडब्ल्यू



जीएनकेसीडब्ल्यू में स्वतंत्रता दिवस सेलिब्रेशन के दौरान कालेज प्रांगण में विभिन्न सांस्कृतिक प्रस्तुत की गई। इसमें विद्यार्थियों ने उत्साह के साथ हिस्सा लिया ● सी. कालेज



गुरु नानक खालसा कालेज फॉर वूमैन में विभिन्न विभागों और क्लबों ने स्वतंत्रता दिवस पर गतिविधियों का आयोजन किया। एन.सी.सी., एन.एस.एस. और रेड रिबन क्लब के सदस्यों के साथ संगीत विभाग के छात्रों ने दर्शकों के बीच देशभक्ति की भावना पैदा करने के लिए देशभक्ति गीत गाए। इतिहास विभाग ने विभाजन विभीषिका स्मरण दिवस मनाने के लिए एक वृत्तचित्र का प्रदर्शन किया। हर घर तिरंगा अभियान के तहत, एनएसएस इकाई ने छात्रों को अपने गौरव और भागीदारी को प्रदर्शित करने के लिए राष्ट्रीय ध्वज के साथ सेल्फी लेने के लिए आमंत्रित किया। प्रिंसिपल डा. मनीता काहलॉन ने सभी को स्वतंत्रता दिवस की बधाई दी।

Patriotic Songs

Organized by	NSS Unit, Music Department, NCC, Youth Club, Red Ribbon Club
Date:	August 13, 2024
Venue:	Guru Nanak Khalsa College for Women, Ludhiana
No. of students	65
Social media Links:	https://www.facebook.com/gnwludhiana/posts/pfbid02ZREvq3pfzYNeGKRfHJPDrKeL53JAZyAsgq7cjaD12Ln2M5eVSZh7ZGVH3ZGSEiJgl
	https://www.instagram.com/p/C-pVnq9S6j0/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFiZA==

Students from the Music Department, in collaboration with the NSS, NCC, Youth Club, and Red Ribbon Club, performed patriotic songs to further celebrate national pride. These activities are designed to promote national pride and unity among the students. Madam Principal Dr. Maneeta Kahlon addressed the students, encouraging them to actively participate in the “Har Ghar Tiranga” celebrations.

PHOTOGRAPHS





Organized a week-long celebration of National Sports Day

Date:	August 27-30, 2024
Venue:	College Playground
Organized By:	Department of Physical Education in collaboration with NSS Unit
Guided By:	Mrs. Parminder Kaur, Assistant Professor, Department of Physical Education

The Department of Physical Education in collaboration with NSS Unit in accordance with UGC guidelines, organized a week-long celebration of National Sports Day from August 27-30, 2024. The theme for this year's celebration is "Sports as an Enabler for a Fit and Inclusive Society."

Under the guidance of Mrs. Parminder Kaur, Assistant Professor in the Department of Physical Education, various events such as rope jumping, walk race, sack race, lemon race, tug-of-war, langadi competition, table tennis competition, and plank challenge were conducted.

Day 1 Highlights (August 27, 2024)

On the first day of the celebration, events such as **Lemon Race**, **Walk Race**, **Sack Race**, and **Skipping Rope** were conducted in the college playground. The following students won prizes in various races:

1. Lemon Race:

- **1st Place:** Kaksi (BA 1st Year, Roll No. 24368)
- **2nd Place:** Simranjeet (BA 1st Year, Roll No. 24218)
- **3rd Place:** Kashish (B.Com 3rd Year, Roll No. 221204)

No. of students participated: 96

1. Walk Race:

- **1st Place:** Gurleen (BCA 2nd Year, Roll No. 231907)
- **2nd Place:** Harneet Kaur (BA 3rd Year, Roll No. 22263)
- **3rd Place:** Khushbu (BA 2nd Year, Roll No. 23348)

No.of students participated: 105

1. Sack Race:

- **1st Place:** Shruti (BCA 2nd Year, Roll No. 231944)
- **2nd Place:** Usha (BA 3rd Year, Roll No. 22200)
- **3rd Place:** Palvi (BA 3rd Year, Roll No. 22305)

No.of students participated: 112

1. Skipping Rope:

- **1st Place:** Usha (BA 3rd Year, Roll No. 22200)
- **2nd Place:** Khushbu (BA 2nd Year, Roll No. 23348)
- **3rd Place:** Kashish (B.Com 3rd Year, Roll No. 221204)

No.of students participated: 93

PHOTOGRAPHS





Day 2 Highlights (August 28, 2024)

On Day 2, the college conducted the **Tug of War** and **Langadi Competition**, alongside various fitness activities. Students also pledged to follow a healthy lifestyle

1. Tug of War Results:

- **1st Position:** BCA 1st Year
- **2nd Position:** B.Com 1st Year
- **3rd Position:** BA 3rd Year

No.of students participated: 120

2. Langadi Competition Results:

- **1st Position:**
 - Hardeep Kaur, B.Com 3rd Year (Roll No. 22128)
 - Kashish, B.Com 3rd Year (Roll No. 221204)
 - Vanshika Jain, B.Com 3rd Year (Roll No. 221209)
 - Shreya Puri, B.Com 3rd Year (Roll No. 221124)
 - Sana Sharma, B.Com 3rd Year (Roll No. 221158)
 - Amrit Kaur, B.Com 3rd Year (Roll No. 221078)

No.of students participated: 112

- **2nd Position:**
 - Neha, BA 3rd Year (Roll No. 22339)
 - Gagandeep Kaur, BA 3rd Year (Roll No. 22330)
 - Simranpreet Kaur, BA 3rd Year (Roll No. 22301)
 - Muskan, BA 3rd Year (Roll No. 22211)
 - Sanjana, BA 3rd Year (Roll No. 22212)
 - Khushbu, BA 2nd Year (Roll No. 23348)
- **3rd Position:**
 - Ishpreet Kaur, B.Com 3rd Year (Roll No. 221148)
 - Palakpreet Kaur, B.Com 3rd Year (Roll No. 221183)
 - Kumari Babita, B.Com 3rd Year (Roll No. 221201)
 - Arshpreet Kaur, B.Com 3rd Year (Roll No. 221205)
 - Manpreet Kaur, B.Com 3rd Year (Roll No. 221222)
 - Kritika, B.Com 3rd Year (Roll No. 221172)

PHOTOGRAPHS





Day 3 Highlights (August 29, 2024)

Day 3 featured the **Table Tennis** competition, with students showcasing their skills and determination.

Table Tennis Competition Results:

- **1st Position:** Harnoor, BA 2nd Year (Roll No. 23117)
- **2nd Position:** Manroop, B.Com 3rd Year (Roll No. 221002)
- **3rd Position:** Jiya, BA 1st Year (Roll No. 24265)

No.of students participated: 52

PHOTOGRAPHS



Day 4 Highlights (August 30, 2024) - Part 1:

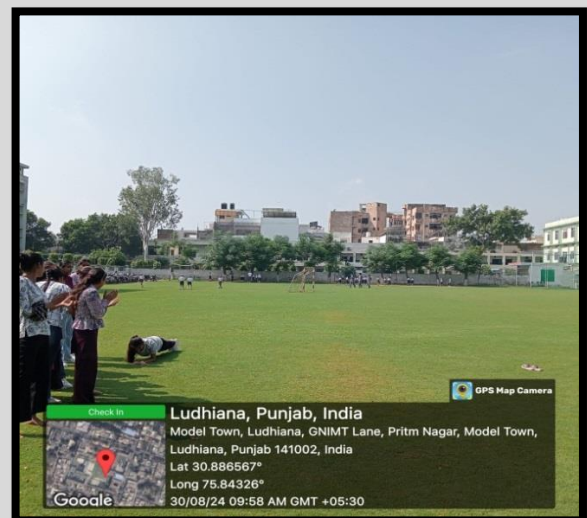
The **Plank Challenge** was one of the key events of Day 4, where students tested their endurance.

Plank Challenge Results:

- **1st Position:** Kumari Babita, B.Com 3rd Year (Roll No. 221201)
- **2nd Position:** Simranjeet Kaur, BA 1st Year (Roll No. 24218)
- **3rd Position:** Kavita Kumari, BA 3rd Year (Roll No. 22267)

Madam Principal Dr. Maneeta Kahlon praised the department's efforts to encourage student participation in sports and fitness activities, which foster positivity and harmony in society.

Social Media Links:	https://www.facebook.com/gnwludhiana/posts/pfbid0zyzjLbYxh23iN2bLipRFLxYLaJCD2XT5VPsNLvTEUm9yFvU8mJdj193exitoEZ63l
	https://www.instagram.com/p/C_PqaDcy8R2/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==
	https://www.facebook.com/gnwludhiana/posts/pfbid021n5kt83rTpgffUNJ5p6Avagvybr7o7TuTgSxtf8BghLcKJL5t7SWWh1J6unh7F2YHl
	https://www.instagram.com/p/C_PrDjyics/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==
	https://www.facebook.com/gnwludhiana/posts/pfbid024fwQFd5TNK49gpw687igq17WwA7zqM7KmHxt5FS8tJcaHPk3tUffUD5JmY2VjaKl
	https://www.instagram.com/p/C_PucaWyQhT/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==
	https://www.facebook.com/gnwludhiana/posts/pfbid02n86CkPTCLLdrFRMTBtZVgeyqj9BRAYxVjhFMoEeEp6fTujbhprM8nEANLhA2WGF9l
	https://www.instagram.com/p/C_SROQlyG8z/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==
	https://www.facebook.com/gnwludhiana/posts/pfbid02Z4HHU5M4NvWXdaDKMseuqD2p4M1j4gTuPw9MqEAbQ1Cn6VMZyuDPS6MDQnN1iYh7l
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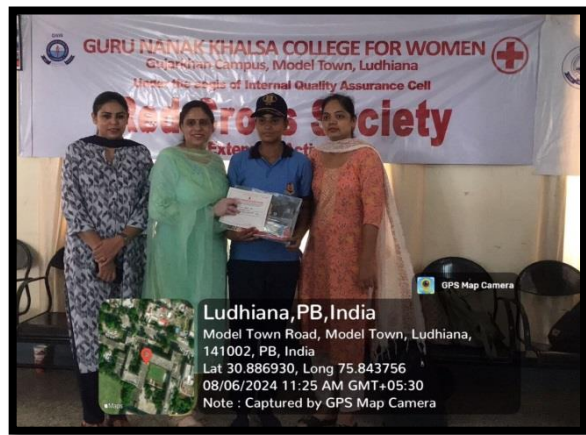
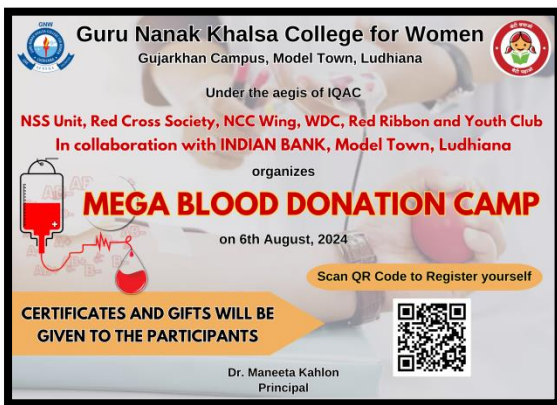
Organized a blood donation and health check camp

Organized by:	NSS Unit, NCC Wing, Women Development Cell, Red Cross Society, Red Ribbon Club, and Youth Club under IQAC
In collaboration with:	Indian Bank
Date:	August 6, 2024
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Social Media Link	https://www.facebook.com/gnwludhiana/posts/pfbid0V2fkdw3B11DtN1zwZUA831AmCfCj3bXrRGrGfJyKoWhGsdVKFSol6nKfk1xpHG9BI
	https://www.instagram.com/p/C-UlvjIyngq/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA==

A blood donation and health check camp was organized by NSS Unit, NCC Wing, Women Development Cell, Red Cross Society, Red Ribbon Club, and Youth Club under IQAC on the campus in collaboration with Indian Bank on August 6, 2024. Health assessments were conducted by Fortis Hospital, Mall Road, Ludhiana and Guru Nanak Charitable Hospital, Model Town, Ludhiana, providing valuable services to students and staff. The event witnessed enthusiastic participation from both students and staff, who came forward to donate blood for a noble cause.

Madam Principal Dr. Maneeta Kahlon commended the dedication and spirit of the students and staff. She highlighted the importance of such initiatives in fostering a sense of social responsibility and community service among the youth. She also expressed her gratitude to Indian Bank for their support and collaboration in making the event a success. To acknowledge the selfless contributions of the participants, gifts and certificates were distributed as tokens of appreciation. The students were particularly praised for their active involvement and commitment to the cause.

PHOTOGRAPHS



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ਬੈਂਕ ਦੇ ਸਹਯੋਗ ਸੇ ਰਕਤਦਾਨ ਸ਼ਿਵਿਰ ਔਰ ਸਵਾਸਥਯ ਕਾਰਯਕਰਮ ਕਰਾਯਾ ਗਯਾ



ਲੁਧਿਆਣਾ। ਆਂਤਰਿਕ ਗੁਣਵਤਾ ਆਵਾਸਨ ਸੇਲ (ਆਈਕਯੂਐਸੀ) ਦੇ ਤਵਾਕਥਾਨ ਮੇਂ ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲੇਜ ਫੌਰ ਕ੍ਰਮੇਨ, ਮਾਡਲ ਟਾਊਨ ਦੇ ਏਨਏਸਏਸ, ਏਨਏਸੀਸੀ, ਮਹਿਲਾ ਵਿਕਾਸ ਸੇਲ, ਰੇਡ ਕਰਾਸ ਸੋਸਾਇਟੀ, ਰੇਡ ਰਿਬਨ ਕਲਬ ਔਰ ਯੂਥ ਕਲਬ ਨੇ ਕਾਲੇਜ ਪਰਿਸਰ ਮੇਂ ਬੈਂਕ ਦੇ ਸਹਯੋਗ ਸੇ ਜਾਂਚ ਸ਼ਿਵਿਰ ਰਕਤਦਾਨ ਔਰ ਸਵਾਸਥਯ ਕਾਰਯਕਰਮ ਕਾ ਆਯੋਜਨ ਕਰਿਯਾ। ਛਾਤ੍ਰੋਂ ਔਰ ਕਰਮਚਾਰਿਯੋਂ ਕੋ ਬਹੁਮੂਲਯ ਸੇਵਾਏਂ ਪ੍ਰਦਾਨ ਕਰਤੇ ਹੁਏ ਸਵਾਸਥਯ ਮੂਲਯੋਕਨ ਕਰਿਯਾ ਗਯਾ। ਇਸ ਕਾਰਯਕਰਮ ਮੇਂ ਛਾਤ੍ਰੋਂ ਔਰ ਕਰਮਚਾਰਿਯੋਂ ਕੀ ਉਤਸ਼ਾਹਪੂਰਨ ਭਾਗੀਦਾਰੀ ਦੇਖੀ ਗਈ, ਜੋ ਏਕ ਨੇਕ ਕਾਮ ਦੇ ਲਿਏ ਰਕਤਦਾਨ ਕਰਨੇ ਦੇ ਲਿਏ ਆਏ ਆਏ। ਪ੍ਰਿੰਸਿਪਲ ਡਾ. ਸਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਛਾਤ੍ਰੋਂ ਔਰ ਕਰਮਚਾਰਿਯੋਂ ਦੇ ਸਮਰਥਨ ਔਰ ਭਾਵਨਾ ਕੀ ਸਰਾਹਨਾ ਕੀ। ਸਾਮਾਜਿਕ ਜਿੰਮੇਦਾਰੀ ਔਰ ਸਾਮੁਦਾਯਿਕ ਸੇਵਾ ਕੀ ਭਾਵਨਾ ਕੋ ਕਢਾਵਾ ਦੇਨੇ ਮੇਂ ਏਸੀ ਪਹਲ ਕੇ ਮਹਤਵ ਪਰ ਪ੍ਰਕਾਸ਼ ਡਾਲਾ। ਨਿਸ਼ਵਾਰਥ ਯੋਗਦਾਨ ਕੋ ਸਵੀਕਾਰ ਕਰਨੇ ਦੇ ਲਿਏ, ਪ੍ਰਸ਼ੰਸਾ ਦੇ ਪ੍ਰਤੀਕ ਦੇ ਰੂਪ ਮੇਂ ਤਪਹਾਰ ਔਰ ਪ੍ਰਮਾਣ ਪਤਰ ਵਿਤਰਿਤ ਕਰਿਏ ਗਏ।



ਖੁਨਦਾਨ ਤੇ ਸਿਹਤ ਜਾਂਚ ਕੈਂਪ ਦੌਰਾਨ ਹਾਜ਼ਰ ਵਿਦਿਆਰਥੀ, ਅਧਿਆਪਕ ਤੇ ਹੋਰ।

ਮੈਡੀਕਲ ਕੈਂਪ ਲਗਾਇਆ

ਸਟਾਫ ਪ੍ਰਗਤੀਨਿਧ ਪੰਜਾਬੀ ਜਾਗਰਣ, ਲੁਧਿਆਣਾ : ਐਨਐਸਐਸ, ਐਨਸੀਸੀ, ਟੂਮੇਨ ਡਿਵੈਲਪਮੈਂਟ ਸੈਲ, ਰੈਡ ਕਰਾਸ ਸੁਸਾਇਟੀ, ਰੈਡ ਰਿਬਨ ਕਲਬ ਅਤੇ ਯੂਥ ਕਲਬ ਵੱਲੋਂ ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਕਲਕੀਆ ਮਾਡਲ ਟਾਊਨ ਲੁਧਿਆਣਾ ਦੇ ਇੰਟਰਨਲ ਡਾਅਲਿਟੀ ਐਸ਼ੋਰੇਸ ਸੈਲ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਕਾਲਜ ਕੈਂਪਸ ਵਿੱਚ ਖੁਨਦਾਨ ਅਤੇ ਸਿਹਤ ਜਾਂਚ ਕੈਂਪ ਲਗਾਇਆ ਗਿਆ।

ਇਹ ਕੈਂਪ ਇੰਡੀਅਨ ਬੈਂਕ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਲਗਾਇਆ ਗਿਆ। ਜਿਸ ਵਿੱਚ

ਫੋਰਟਿਸ ਹਸਪਤਾਲ ਮਾਲ ਰੋਡ ਲੁਧਿਆਣਾ ਅਤੇ ਗੁਰੂ ਨਾਨਕ ਚੈਰੀਟੇਬਲ ਹਸਪਤਾਲ ਮਾਡਲ ਟਾਊਨ ਲੁਧਿਆਣਾ ਵੱਲੋਂ ਵਿਦਿਆਰਥੀਆਂ ਤੇ ਸਟਾਫ ਨੂੰ ਵਡਮੁੱਲੀ ਸੇਵਾਵਾਂ ਪ੍ਰਦਾਨ ਕਰਦੇ ਹੋਏ ਸਿਹਤ ਸਬੰਧੀ ਮੁਲਾਕਾਤ ਕੀਤੀ ਗਈ। ਇਸ ਸਮਾਗਮ ਵਿੱਚ ਵਿਦਿਆਰਥੀਆਂ ਅਤੇ ਸਟਾਫ ਦੋਵਾਂ ਦੀ ਉਤਸ਼ਾਹੀ ਸ਼ਮੂਲੀਅਤ ਦੇਖਣ ਨੂੰ ਮਿਲੀ, ਜੋ ਇੱਕ ਨੇਕ ਕੰਮ ਲਈ ਖੁਨਦਾਨ ਕਰਨ ਲਈ ਅੱਗੇ ਆਏ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਤੇ ਸਟਾਫ ਦੀ ਲਗਨ ਅਤੇ ਜਜ਼ਬੇ ਦੀ ਸ਼ਲਾਘਾ ਕੀਤੀ।

POSHAN MAAH WEEKI

Lecture on Sensitization and Awareness of Anemia Among Adolescent Girls

Theme:	Sensitization and Awareness of Anemia Among Adolescent Girls
Organized by:	IQAC, NSS Unit, and Department of Home Science
Date:	September 2, 2024
No. of Students	81
Venue:	GNKCW
Social media Links:	https://www.facebook.com/gnwludhiana/posts/pfbid0pCfNt14FZboxAKGuVVyp9SJwf63tbWVhaCC94LpMhEAAHJXgL94txRgZXcQdYPRHl https://www.instagram.com/p/C_e8RrKyLz0/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Thematic Rashtriya Poshan Maah, 2024 is celebrated in the college in the month of September every year.

The theme of first week of September (From September 1-7, 2024) is sensitization and awareness of Anemia among adolescent girls.

Various activities are organized on the above theme by IQAC and NSS, Unit of the college in

collaboration with Department of Home Science.

Day1, (September 2, 2024)

81 students of the college attended a sensitization lecture by Mr. Jasbir Bhalla (Wellness Coach) on Anemia and its cure during adolescent period among girls. He also elaborated his talk about nutrients, nutrition and Nourishment of our body. Also he told about detoxification of our body. Principal Dr. Maneeta Kahlon congratulated the students for celebrating Poshan drive in the month of September 2024, with a great way to promote awareness and action on today's most prevalent disorder of Anemia among youth and raise awareness about the importance of nutrition in our diet to prevent our community from its ill effects.

PHOTOGRAPHS



Poshan Maah (WEEK-I)

Stall of Nutritious Dahi bhalla

Theme:	Sensitization and Awareness of Anemia Among Adolescent Girls
Organized by:	Department of Home Science and NSS under IQAC
Date:	September 06, 2024
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Social media Links:	https://www.facebook.com/gnwludhiana/posts/pfbid031NiTH7g2bXRqbgndAc8eZLzZrEEKEVmtCWicpFowNgnBN3aKf4v7TbSEenQFiJwQI https://www.instagram.com/p/Ckdub0SQNQ/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

The Department of Home Science put up a stall of Nutritious Dahi bhalla in the college campus today. On this very special occasion of celebrating Poshan Maah in the first week, 10 students prepared dal bhalla and imli chutney in the Lab combining lentils and yogurt thus providing a good balance of carbohydrates, protein, and fats, which can provide energy to do work.

Madam Principal Dr. Maneeta Kahlon encouraged the students for their efforts and mentioned that such activities are of utmost importance to enhance entrepreneurial skills among students.

PHOTOGRAPHS



PRESS CLIPPING



Cyber Jagrukta Diwas	
Organized by:	Internal Quality Assurance Cell, Department of Computer Science and Application, in collaboration with the NSS Unit of Guru Nanak Khalsa College for Women
Date:	September 04, 2024
Venue:	Guru Nanak Khalsa College for Women , Model Town, Ludhiana
Social media Links:	https://www.facebook.com/gnwludhiana/posts/pfbid02UByaxpqMRMfgZZZA77dKGVfMyoh9kQXpVLMmiEFzu87TVvdqVbrR6CZPvaehWnCdl https://www.instagram.com/p/C_fO2A5SKoB/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==
<p>Under the aegis of Internal Quality Assurance Cell , Department of Computer Science and Application, in collaboration with the NSS Unit of Guru Nanak Khalsa College for Women observed Cyber Jagrukta Diwas with great enthusiasm in the college campus today.</p> <p>This event was marked by active participation from both volunteers and students, who engaged in raising cyber awareness through the creation and dissemination of impactful slogans.</p> <p>The creative slogans not only highlighted the significance of being vigilant online but also motivated students to adopt and advocate for best practices in maintaining online security. This initiative was conducted under the guidance of Ms. Daisy Wadhwa and Ms. Satwant,</p>	

Assistant Professors in the Department of Computer Science

Principal Dr. Maneeta Kahlon encouraged the students and emphasized the importance of recognizing their role in promoting cyber safety.

PHOTOGRAPHS



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ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ 'ਚ ਕਰਵਾਇਆ ਸਮਾਗਮ

ਸਟਾਫ਼ ਪ੍ਰਤੀਨਿਧ, ਪੰਜਾਬੀ ਜਾਗਰਣ •
ਲੁਧਿਆਣਾ : ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਦੇ ਕੰਪਿਊਟਰ ਸਾਇੰਸ ਐਂਡ ਐਪਲੀਕੇਸ਼ਨ ਵਿਭਾਗ ਨੇ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸ਼ਰੈਂਸ ਸੈਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਐਨਐਸਐਸ ਯੂਨਿਟ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਕਾਲਜ ਕੈਂਪਸ ਵਿੱਚ ਸਾਈਬਰ ਜਾਗਰੂਕਤਾ ਦਿਵਸ ਬੜੇ ਉਤਸ਼ਾਹ ਨਾਲ ਮਨਾਇਆ ਗਿਆ। ਇਹ ਸਮਾਗਮ ਵਲੰਟੀਅਰਾਂ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਦੋਵਾਂ ਦੀ ਸਰਗਰਮ ਹਿੱਸੇਦਾਰੀ ਨਾਲ ਕੀਤਾ ਗਿਆ ਸੀ, ਜੋ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਨਾਅਰਿਆਂ ਦੀ ਰਚਨਾ ਅਤੇ ਪ੍ਰਸਾਰ ਦੁਆਰਾ ਸਾਈਬਰ ਜਾਗਰੂਕਤਾ ਵਧਾਉਣ ਵਿੱਚ ਲੱਗੇ ਹੋਏ ਸਨ। ਰਚਨਾਤਮਕ ਨਾਅਰਿਆਂ ਨੇ ਨਾ ਸਿਰਫ਼ ਆਨਲਾਈਨ ਚੈਕਸ ਰਹਿਣ ਦੇ ਮਹੱਤਵ ਨੂੰ ਉਜਾਗਰ ਕੀਤਾ, ਸਗੋਂ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਆਨਲਾਈਨ ਸੁਰੱਖਿਆ ਬਣਾਈ ਰੱਖਣ ਲਈ ਵਧੀਆ ਅਭਿਆਸਾਂ ਨੂੰ ਅਪਣਾਉਣ ਅਤੇ ਵਕਾਲਤ ਕਰਨ ਲਈ ਵੀ ਪ੍ਰੇਰਿਤ ਕੀਤਾ। ਇਹ ਉਪਰਾਲਾ ਕੰਪਿਊਟਰ ਸਾਇੰਸ



ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਵਿਖੇ ਸਮਾਗਮ ਦੌਰਾਨ ਦਿਖਾਈ ਦੇ ਰਹੇ ਪ੍ਰਿੰਸੀਪਲ ਡਾ.ਮਨੀਤਾ ਕਾਹਲੋਂ ਤੇ ਹੋਰ।
ਵਿਭਾਗ ਦੇ ਸਹਾਇਕ ਪ੍ਰੋਫੈਸਰਾਂ ਡੇਜ਼ੀ ਵਧਵਾ ਅਤੇ ਸਤਵੰਤ ਦੀ ਅਗਵਾਈ ਹੇਠ ਕੀਤਾ ਗਿਆ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ.ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ ਅਤੇ ਸਾਈਬਰ ਸੁਰੱਖਿਆ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਨ ਵਿੱਚ ਉਨ੍ਹਾਂ ਦੀ ਭੂਮਿਕਾ ਨੂੰ ਪਛਾਣਨ ਦੀ ਮਹੱਤਤਾ 'ਤੇ ਜ਼ੋਰ ਦਿੱਤਾ।

Poshan Maah (WEEK-II) Growth Monitoring for Pre Primary & Primary School Children	
Theme	Complementary Feeding Practices
Organized by:	Department of Home Science in collaboration with the NSS unit under IQAC
Date:	September 11, 2024
No. of students	11
Venue:	Government school in Kheri village, Ludhiana
Social media Links:	https://www.facebook.com/gnwludhiana/posts/pfbid06k5We1hX7n3zJaek9FdZ9fH21xALDVK5Xg2jyo9eA1cyKHJ4tFzLvivKGDrABel https://www.instagram.com/p/C_zZ4rvSEEc/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

To mark the second week of Poshan Maah (September 9-14, 2024), an event focusing on growth monitoring for pre-primary school children (ages 3-6) and primary school children (ages 6-9) from a government school in Kheri village was organized. The theme of the second week was “Complementary Feeding.”

11 students from the college visited the government school and measured the weight and height of the pre-primary and primary school children using weighing scales and standardized anthropometric equipment. The teachers were also counseled on incorporating locally available high-protein food supplements into the children's midday meals.

Madam Principal Dr. Maneeta Kahlon addressed the students, emphasizing the significance of monitoring children's growth for both their academic and mental health, contributing to their overall development in the years to come.

PHOTOGRAPHS



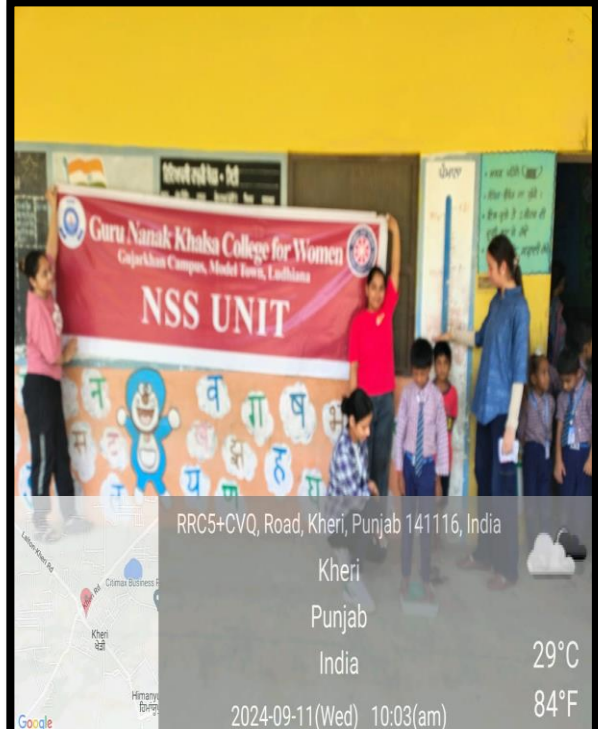


RRC5+CVQ, Road, Kheri, Punjab 141116, India

Kheri
Punjab
India

29°C
84°F

2024-09-11(Wed) 10:00(am)

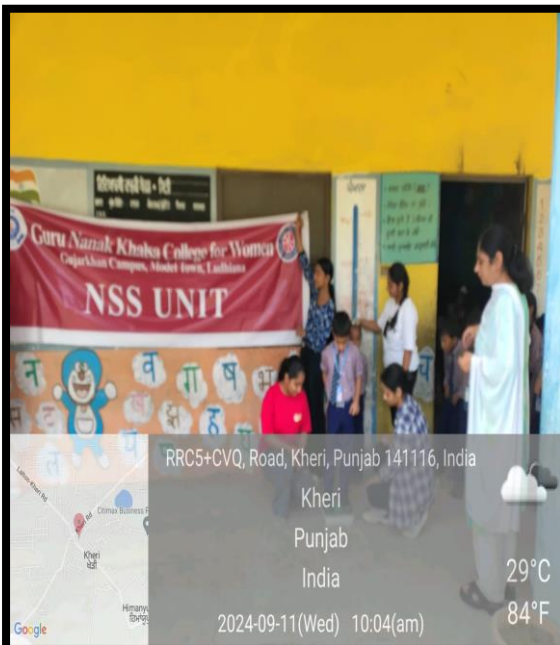


RRC5+CVQ, Road, Kheri, Punjab 141116, India

Kheri
Punjab
India

29°C
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2024-09-11(Wed) 10:03(am)



RRC5+CVQ, Road, Kheri, Punjab 141116, India

Kheri
Punjab
India

29°C
84°F

2024-09-11(Wed) 10:04(am)



RRC5+CVQ, Road, Kheri, Punjab 141116, India

Kheri
Punjab
India

29°C
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2024-09-11(Wed) 12:05(PM)

Poshan Maah (WEEK-II)

Lecture focused on weaning and supplementary foods.

Theme	Complementary Feeding Practices
Organized by:	IQAC, NSS Unit, and Department of Home Science
Date:	September 13, 2024
No. of students	58
Venue:	Guru Nanak Khalsa College for Women , Model Town, Ludhiana
Social media Links:	https://www.facebook.com/gnwludhiana/posts/pfbid0qx1pn8mR19zHmuFeZ1w4tYTmFTV9EWZgJjexLsXQrBTLL8642Zz6hpSQ2544Ais7l https://www.instagram.com/p/C_4p6KCSGNh/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFlZA==

The Rashtriya Poshan Maah 2024 is celebrated at GNKCW every September. The theme for the second week of September (September 9-14, 2024) is "Complementary Feeding Practices." During this period, various activities are organized by the IQAC and NSS Unit of the college in collaboration with the Department of Home Science.

On September 13, 2024, 58 students attended a lecture focused on weaning and supplementary foods. The session included an in-depth discussion on breastfeeding and bottle-feeding, highlighting the numerous benefits of breastfeeding for both mother and child. A comparison was made between animal milk and mother's milk.

Principal Dr. Maneeta Kahlon also shared her insights on breastfeeding. She emphasized that breastfeeding can reduce the risk of breast cancer, ovarian cancer, high blood pressure, and Type 2 diabetes. Additionally, she noted that extended breastfeeding can provide comfort and soothe the baby during times of distress.

PHOTOGRAPHS



Poshan Maah (WEEK-III)

Workshop on soft toy making

Theme	Nutrition as Well as Education(Poshan Bhi, Padaai Bhi)
Organized by:	IQAC, NSS Unit, and Department of Home Science
No. of students:	18
Date:	September 19, 2024
Venue:	GNKCW
Social media Links:	https://www.facebook.com/gnwludhiana/posts/pfbid0qGvMnE3oXRtHS6g51Ph6aZAaS1X3ASVW264sBqgGa41Rs9g6k2hMdwYdBeBLa1QLl https://www.instagram.com/p/DAGADvHSHbt/?utm_source=ig_web_copy_link

The college celebrates the thematic Rashtriya Poshan Maah every year in September. The theme for the third week of September 2024 (from September 16 to 21) is "Poshan Bhi, Padaai Bhi" (Nutrition as well as Education). Various activities were organized on this theme by the IQAC and the NSS Unit of the college, in collaboration with the Department of Home Science.

On September 19, 2024, 18 students participated in a workshop on soft toy making using stocking fruits. The students were shown how to create different nutritious fruits using poly wool, stockings, and green tape.

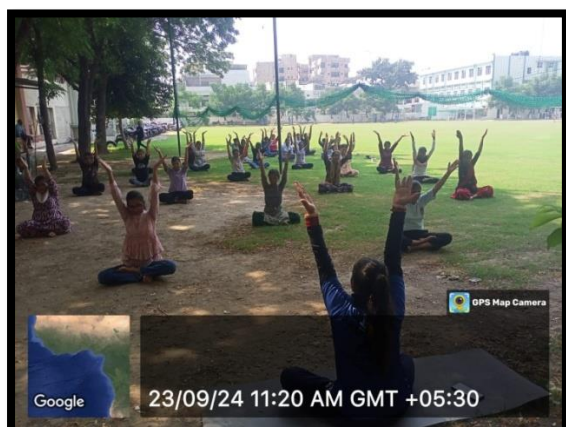
Principal Dr. Maneeta Kahlon encouraged the students, highlighting this creative method as an insightful way to make school children aware of the nutritional value of fruits through play. This activity aimed to promote the habit of consuming fiber-rich fruits and vegetables in their daily routines.

PHOTOGRAPHS



<p style="text-align: center;">Poshan Maah (WEEK-IV)</p> <p style="text-align: center;">Yoga camp</p>	
Theme:	Overall Nutrition and Wellness
Organized by:	IQAC, Physical Education Department, NSS Unit, and Department of Home Science
Date:	September 23, 2024
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
No. of students:	51
Social media Links:	https://www.facebook.com/gnwludhiana/posts/pfbid02M9m1v8dKAN7FrkHeqoS KLDeFMw67xo8duqG8mpJr5eDjBDP6QvUTAuAnnxShMBvZl
	https://www.instagram.com/p/DAQTYTAyaEU/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA==
<p>The college celebrates the thematic Rashtriya Poshan Maah every year in September. The theme for the fourth week of September (from September 23-28, 2024) is "Overall Nutrition." Under the aegis of the IQAC, Physical Education Department, in collaboration with the NSS Unit and the Department of Home Science, organized a yoga camp on September 23, 2024, as part of Poshan Maah to promote health awareness. Principal Dr. Maneeta Kahlon encouraged the students to maintain both their mental and physical well-being. She emphasized the importance of staying healthy through regular exercise, like yoga, and advised student to consume a nutritious diet to support overall wellness.</p>	

PHOTOGRAPHS



Poshan Maah (WEEK-IV) Maintained herbal and kitchen garden	
Theme:	Overall Nutrition and Wellness
Organized by:	IQAC, NSS Unit, and Department of Home Science
Date:	September 30, 2024
No. of students:	12
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Social media Links:	https://www.facebook.com/gnwludhiana/posts/pfbid02jRVzeQPWUNDNG3f4Y7Q8imEzgfe9SnFPuPqemF3GYsREMrZ3PxatnAdiN2T4Ucjfl https://www.instagram.com/p/DAiG1D3SzWh/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==
<p>(WEEK-IV) Rashtriya Poshan Maah 2024 Celebrations at GNKCW</p> <p>The college celebrates Rashtriya Poshan Maah every year in September. The theme for the fourth week of September (from September 23-28, 2024) is "Overall Nutrition." Various activities related to this theme were organized by the IQAC and NSS unit of the college, in collaboration with the Department of Home Science.</p> <p>On September 30, 2024, twelve students from the college worked together to maintain the herbal and kitchen garden on the campus. The students were educated on the identification, importance, and use of organic herbs and plants in their daily lives.</p> <p>Principal Dr. Maneeta Kahlon encouraged the students to explore natural methods of irrigation, manuring, and grafting to cultivate healthy plants for use in daily meals.</p>	

PHOTOGRAPHS



NSS Day Awareness Rally 2024	
Organized by:	IQAC and NSS Unit
Date:	September 24, 2024
Venue:	Guru Nanak Khalsa College for Women, Ludhiana
No. of students:	35
Social media Links:	https://www.facebook.com/gnwludhiana/posts/pfbid0X3LGkEg253CZj6zQxftnhUbUNotsRCnKcVsg6bpqpseQYLKP3DXxciXV7ZbRpkpxl
	https://www.instagram.com/p/DASoVD5St2D/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA==
<p>Under the aegis of IQAC, NSS Unit of Guru Nanak Khalsa College for Women in Ludhiana organized an awareness rally to celebrate NSS Day On September 24, 2024. The main goal of the rally was to promote the importance of cleanliness. It aimed to raise awareness about how cleanliness can improve our quality of life and protect the environment. The event highlighted how working together can make a positive impact on cleanliness and environmental responsibility. Principal Dr. Maneeta Kahlon addressed the students, emphasizing the importance of cleanliness and hygiene. She encouraged them to adopt clean habits not only within the college but also in their homes and communities.</p>	



ਵਾਲੰਟਿਅਰਸ ਨੇ ਰੈਲੀ ਨਿਕਾਲਕਰ ਦਿਯਾ ਸ਼ੁਧਤਾ ਕਾ ਸੰਦੇਸ਼



ਰੈਲੀ ਨਿਕਾਲੇ ਏਨ.ਏਸ.ਏਸ. ਵਾਲੰਟਿਅਰ।

ਸਕੋਰਾ ਨਿਯੁਤ/ਰਜਨੀ (ਲੁਧਿਆਣਾ): ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵੂਮੈਨ ਲੁਧਿਆਣਾ ਦੀ ਏਨ.ਏਸ.ਏਸ. ਯੂਨਿਟ ਨੇ ਇੰਟਰਨਲ ਕਵਾਲਿਟੀ ਏਕੁਆਇਰੈਂਸ ਸੈਲ ਦੇ ਨੇਤ੍ਰਤਵ ਮੇਂ ਏਨ.ਏਸ.ਏਸ. ਦਿਵਸ ਪਰ ਜਾਗਰੂਕਤਾ ਰੈਲੀ ਕਾ ਆਯੋਜਨ ਕੀਯਾ। ਰੈਲੀ ਕਾ ਮੁੱਖ ਲਕਸ਼ ਸ਼ੁਧਤਾ ਦੇ ਮਹੱਤਵ ਕੋ ਬਢਾਵਾ ਦੇਨਾ ਥਾ। ਇਸਕਾ ਉਦੇਸ਼ ਇਸ ਬਾਰੇ ਮੇਂ ਜਾਗਰੂਕਤਾ ਬਢਾਨਾ ਥਾ ਕਿ ਕੈਸੇ ਸ਼ੁਧਤਾ ਹਮਾਰੇ ਜੀਵਨ ਕੀ ਗੁਣਵੱਤਾ ਮੇਂ ਸੁਧਾਰ ਲਾ ਸਕਦੀ ਹੈ ਅਤੇ ਪਰਿਆਵਰਨ ਕੀ ਰੱਖਾ ਕਰ ਸਕਦੀ ਹੈ। ਕਾਰਜਕ੍ਰਮ ਮੇਂ ਇਸ ਬਾਤ ਪਰ ਪ੍ਰਕਾਸ਼ ਡਾਲਾ ਗਯਾ ਕਿ ਕੈਸੇ ਇਕ ਸਾਥ ਕਾਮ ਕਰਨੇ ਸੇ ਸ਼ੁਧਤਾ ਅਤੇ ਪਰਿਆਵਰਨੀਯ ਜਿੰਮੇਵਾਰੀ ਪਰ ਸਕਾਰਾਤਮਕ ਪ੍ਰਭਾਵ ਪੜ੍ਹ ਸਕਦਾ ਹੈ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੌਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਕੋ ਸਾਫ-ਸਫਾਈ ਅਤੇ ਸ਼ੁਧਤਾ ਦੇ ਮਹੱਤਵ ਪਰ ਜ਼ੋਰ ਦਿਤਾ। ਉਨਹੋਂ ਨੇ ਉਨ੍ਹਾਂ ਨੂੰ ਕੇਵਲ ਕਾਲਜ ਦੇ ਖੀਤਰ ਬਲਿਕ ਅਪਨੇ ਘਰੋਂ ਅਤੇ ਸਮੁਦਾਯੋਂ ਮੇਂ ਭੀ ਸ਼ੁਧਤਾ ਆਦਤੋਂ ਅਪਨਾਨੇ ਕੇ ਲਿਏ ਪ੍ਰੋਤਸਾਹਿਤ ਕੀਯਾ।



ਜੀਐਨਕੇਸੀਡਬਲਯੂ ਮੇਂ ਏਨਏਸਏਸ ਦਿਵਸ ਪਰ ਰੈਲੀ ਨਿਕਾਲਤੀ ਹੁੰਦੀ ਛਾਤ੍ਰਾਏਂ-ਡਾ. ਕਾਲੇਜ

ਏਨਏਸਏਸ ਦਿਵਸ ਪਰ ਛਾਤ੍ਰਾਓਂ ਨੇ ਨਿਕਾਲੀ ਜਾਗਰੂਕਤਾ ਰੈਲੀ

ਜਾਗਰਨ, ਸੰਗਠਨ, ਲੁਧਿਆਣਾ : ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵੂਮੈਨ ਦੀ ਏਨਏਸਏਸ ਇਕਾਈ ਨੇ ਕਾਲਜ ਪਰਿਸਰ ਮੇਂ ਏਨਏਸਏਸ ਦਿਵਸ ਪਰ ਇਕ ਜਾਗਰੂਕਤਾ ਰੈਲੀ ਕਾ ਆਯੋਜਨ ਕੀਯਾ। ਰੈਲੀ ਕਾ ਮੁੱਖ ਲਕਸ਼ ਸ਼ੁਧਤਾ ਦੇ ਮਹੱਤਵ ਕੋ ਬਢਾਵਾ ਦੇਨਾ ਥਾ। ਕਾਰਜਕ੍ਰਮ ਮੇਂ ਇਸ ਬਾਤ ਪਰ ਪ੍ਰਕਾਸ਼ ਡਾਲਾ ਗਯਾ ਕਿ ਕੈਸੇ ਇਕ ਸਾਥ ਕਾਮ ਕਰਨੇ ਸੇ ਸ਼ੁਧਤਾ ਅਤੇ

ਪਰਿਆਵਰਨੀਯ ਜਿੰਮੇਵਾਰੀ ਪਰ ਸਕਾਰਾਤਮਕ ਪ੍ਰਭਾਵ ਪੜ੍ਹ ਸਕਦਾ ਹੈ।

ਪ੍ਰਿੰ. ਡਾ. ਮਨੀਤਾ ਕਾਹਲੌਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਕੋ ਸੰਬੋਧਿਤ ਕਰਦੇ ਹੋਏ ਸਾਫ-ਸਫਾਈ ਅਤੇ ਸ਼ੁਧਤਾ ਦੇ ਮਹੱਤਵ ਪਰ ਜ਼ੋਰ ਦਿਤਾ। ਉਨਹੋਂ ਨੇ ਉਨ੍ਹਾਂ ਨੂੰ ਕੇਵਲ ਕਾਲਜ ਦੇ ਖੀਤਰ ਬਲਿਕ ਅਪਨੇ ਘਰੋਂ ਅਤੇ ਸਮੁਦਾਯੋਂ ਮੇਂ ਭੀ ਸ਼ੁਧਤਾ ਆਦਤੋਂ ਅਪਨਾਨੇ ਕੋ ਪ੍ਰੋਤਸਾਹਿਤ ਕਰਨਾ ਚਾਹੀਏ।

ਕਾਲਜ ਵਿਚ ਮਨਾਇਆ ਐਨ.ਐਸ.ਐਸ ਦਿਵਸ

ਲੁਧਿਆਣਾ, 24 ਸਤੰਬਰ (ਜਸਵਿੰਦਰ ਸਿੰਘ)-ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫਾਰ ਵੂਮੈਨ ਲੁਧਿਆਣਾ ਦੇ ਐਨ ਐਸ ਐਸ ਯੂਨਿਟ ਨੇ ਅੰਦਰੂਨੀ ਕੁਆਲਿਟੀ ਅਕੁਆਇਰੈਂਸ ਸੈਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਐਨ ਕਾਲਜ ਕੈਂਪਸ ਵਿਚ ਐਨ ਐਸ ਐਸ ਦਿਵਸ ਮਨਾਉਣ ਲਈ ਇਕ ਜਾਗਰੂਕਤਾ ਰੈਲੀ ਕੱਢੀ। ਰੈਲੀ ਦਾ ਮੁੱਖ ਉਦੇਸ਼ ਸਵੱਛਤਾ ਦੀ ਮਹੱਤਤਾ ਨੂੰ ਅੱਗੇ ਵਧਾਉਣਾ ਸੀ। ਇਸ ਦਾ ਉਦੇਸ਼ ਇਸ ਬਾਰੇ ਜਾਗਰੂਕਤਾ ਪੈਦਾ

ਕਰਨਾ ਸੀ ਕਿ ਸਫਾਈ ਸਾਡੇ ਜੀਵਨ ਦੀ ਗੁਣਵੱਤਾ ਨੂੰ ਕਿਵੇਂ ਸੁਧਾਰ ਸਕਦੀ ਹੈ ਅਤੇ ਵਾਤਾਵਰਣ ਦੀ ਰੱਖਿਆ ਕਰ ਸਕਦੀ ਹੈ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੌਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸੰਬੋਧਨ ਕਰਦਿਆਂ ਸਫਾਈ ਅਤੇ ਸਵੱਛਤਾ ਦੀ ਮਹੱਤਤਾ 'ਤੇ ਜ਼ੋਰ ਦਿੱਤਾ। ਉਨ੍ਹਾਂ ਨੇ ਉਨ੍ਹਾਂ ਨੂੰ ਨਾ ਸਿਰਫ ਕਾਲਜ ਦੇ ਅੰਦਰ ਸਗੋਂ ਆਪਣੇ ਘਰਾਂ ਅਤੇ ਸਮਾਜਾਂ ਵਿਚ ਵੀ ਸਵੱਛ ਆਦਤਾਂ ਅਪਣਾਉਣ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ।



ਐਨ ਐਸ ਐਸ. ਦਿਵਸ ਮੌਕੇ ਰੈਲੀ ਕੱਢਦੀਆਂ ਹੋਈਆਂ ਕਾਲਜ ਦੀਆਂ ਵਿਦਿਆਰਥਣਾਂ।

ਅਜੀਤ ਤਸਵੀਰ



ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਵਿਖੇ ਐਨਐਸਐਸ ਦਿਵਸ ਮਨਾਉਣ ਸਮੇਂ ਇਕਾਈ ਦੇ ਰਹੇ ਅਧਿਆਪਕ ਤੇ ਵਿਦਿਆਰਥੀ।

ਪੰਜਾਬੀ ਜਾਗਰਣ

ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਵਿਖੇ ਐਨਐਸਐਸ ਦਿਵਸ ਮਨਾਇਆ

ਸਟਾਫ ਪ੍ਰਤੀਨਿਧ, ਪੰਜਾਬੀ ਜਾਗਰਣ : ਲੁਧਿਆਣਾ : ਐਨਐਸਐਸ ਇਕਾਈ ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਲੁਧਿਆਣਾ ਦੇ ਅੰਦਰੂਨੀ ਕੁਆਲਿਟੀ ਅਕੁਆਇਰੈਂਸ ਸੈਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਕਾਲਜ ਕੈਂਪਸ ਵਿਚ ਐਨਐਸਐਸ ਦਿਵਸ ਮਨਾਉਣ ਲਈ ਇਕ ਜਾਗਰੂਕਤਾ ਰੈਲੀ ਕੱਢੀ। ਰੈਲੀ ਦਾ ਮੁੱਖ ਉਦੇਸ਼ ਸਵੱਛਤਾ ਦੀ ਮਹੱਤਤਾ ਨੂੰ ਅੱਗੇ ਵਧਾਉਣਾ ਸੀ। ਇਸ ਦਾ ਉਦੇਸ਼ ਇਸ ਬਾਰੇ ਜਾਗਰੂਕਤਾ ਪੈਦਾ ਕਰਨਾ ਸੀ ਕਿ ਸਫਾਈ ਸਾਡੇ ਜੀਵਨ ਦੀ ਗੁਣਵੱਤਾ ਨੂੰ ਕਿਵੇਂ ਸੁਧਾਰ ਸਕਦੀ ਹੈ

ਅਤੇ ਵਾਤਾਵਰਣ ਦੀ ਰੱਖਿਆ ਕਰ ਸਕਦੀ ਹੈ। ਸਮਾਗਮ ਨੇ ਉਜਾਗਰ ਕੀਤਾ ਕਿ ਕਿਵੇਂ ਮਿਲ ਕੇ ਕੰਮ ਕਰਨਾ ਸਵੱਛਤਾ ਅਤੇ ਵਾਤਾਵਰਣ ਦੀ ਸੰਰਖਾਤਮਕ ਪ੍ਰਭਾਵ ਪਾ ਸਕਦਾ ਹੈ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ.ਮਨੀਤਾ ਕਾਹਲੌਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸੰਬੋਧਨ ਕਰਦਿਆਂ ਸਫਾਈ ਅਤੇ ਸਵੱਛਤਾ ਦੀ ਮਹੱਤਤਾ 'ਤੇ ਜ਼ੋਰ ਦਿੱਤਾ। ਉਨ੍ਹਾਂ ਨੇ ਉਨ੍ਹਾਂ ਨੂੰ ਨਾ ਸਿਰਫ ਕਾਲਜ ਦੇ ਅੰਦਰ ਸਗੋਂ ਆਪਣੇ ਘਰਾਂ ਅਤੇ ਸਮਾਜਾਂ 'ਚ ਵੀ ਸਵੱਛ ਆਦਤਾਂ ਅਪਣਾਉਣ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ।

Cleanliness Drive Organized

Organized by:	NCC Army Wing in collaboration with NSS, Red Ribbon Club, Ek Bharat Shrestha Bharat, Youth Club, and 3 PB Girls BN, NCC Ludhiana
Date:	September 27, 2024
Venue:	Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana
No. of students:	17
Social media Links:	https://www.facebook.com/gnwludhiana/posts/pfbid0ZZTWgM4saxmsSXuz6BSU7uDzBVTvHfhYrkG3DjxnN73LQeiT6VBxCNGK7q2XFU8Sl https://www.instagram.com/p/DAcwfdyqlf/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Under the directions of the Directorate General of National Cadet Corps (DGNCC), Delhi, the NCC Army Wing of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town Ludhiana, In collaboration with NSS, Red Ribbon Club, Ek Bharat Shrestha Bharat, Youth club, and 3 PB, Girls BN, NCC Ludhiana organized a cleanliness drive on September 27, 2024. This initiative was part of the Swachh Bharat Diwas celebrations, on the theme "SWABHAV SWACHHATA- SANSKAR SWACHHATA" aiming to foster a culture of cleanliness and responsibility among the youth. Thirty three NCC cadets along with Principal Dr. Maneeta Kahlon, ANO Lt. Sukhjit Kaur and Unit staff Hav. Sandeep Chaudhary, participated in this drive. The cadets actively engaged in cleaning activities, collecting garbage both within the college campus and in surrounding areas. Principal Dr. Maneeta Kahlon expressed her pride in the cadets' enthusiasm and commitment to this vital cause. She emphasized that such initiatives play a crucial role in shaping responsible citizens.

PHOTOGRAPHS





Gandhi Jayanti	
Organized by:	Internal Quality Assurance Cell, Department of Political Science, NCC Wing, and NSS
Date:	October 1, 2024
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Social media links:	https://www.facebook.com/gnwludhiana/posts/pfbid02qMqiVtM7Ja2RyPqajz29jaDVnvfi0x9GwwyshPr3mKpcJQqDT7xcSbP5VxDYX1vnl
	https://www.instagram.com/p/DAk1KNYSrQ2/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==
<p>Under the aegis of the Internal Quality Assurance Cell, the Department of Political Science ,NCC Wing & NSS of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana observed Gandhi Jayanti on October 1, 2024. This event commemorated the birth anniversary of Mahatma Gandhi, the father of the nation, and celebrated his contributions to India’s freedom movement. The observance featured a thought-provoking lecture titled “Role of Gandhi ji in the Freedom Movement”, delivered by Lt. Sukhjit Kaur, the Head of the Department of Political Science. The lecture provided insights into Gandhi’s philosophy and strategies during the freedom struggle. College Principal Dr. Maneeta Kahlon, in her address, highlighted the significant contributions of Mahatma Gandhi, reflecting on his ideals of non-violence and civil disobedience. She also stressed the importance of ‘swachhata’ (cleanliness), which was one of Gandhi ji’s prime agendas, urging students to embrace these values in their daily lives to contribute to a cleaner and more responsible society.</p> <p style="text-align: center;">PHOTOGRAPHS</p>	



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ਮਹਾਤਮਾ ਗਾਂਧੀ ਦੇ ਜਨਮ ਦਿਨ ਨੂੰ ਸਮਰਪਿਤ ਸਮਾਗਮ ਦੌਰਾਨ ਹਾਜ਼ਰ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਤੋਂ ਹੋਰ।

ਪੰਜਾਬੀ ਜਾਰਨਲ

ਰਾਸ਼ਟਰਪਿਤਾ ਨੂੰ ਸਮਰਪਿਤ ਸਮਾਗਮ ਕਰਵਾਇਆ

ਸਟਾਫ਼ ਪ੍ਰਤੀਨਿਧ, ਪੰਜਾਬੀ ਜਾਰਨਲ, ਲੁਧਿਆਣਾ : ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਗੁਜਰਾਨ ਕੈਂਪਸ ਮਾਡਲ ਟਾਊਨ ਲੁਧਿਆਣਾ ਵਿਖੇ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸੂਰੈਂਸ ਸੈਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਰਾਜਨੀਤੀ ਸ਼ਾਸਤਰ ਵਿਭਾਗ ਅਤੇ ਐਨਐਸਐਸ ਯੂਨਿਟ ਨੇ ਅੱਜ ਕਾਲਜ ਕੈਂਪਸ ਵਿੱਚ ਗਾਂਧੀ ਜਯੰਤੀ ਮਨਾਈ। ਇਸ ਸਮਾਗਮ ਵਿੱਚ ਰਾਜਨੀਤੀ ਸ਼ਾਸਤਰ ਵਿਭਾਗ ਦੀ ਮੁੱਖੀ ਲੈਫਟੀਨੈਂਟ ਸੁਖਜੀਤ ਕੌਰ ਦੁਆਰਾ ਸੁਤੰਤਰਤਾ ਅੰਦੋਲਨ ਵਿੱਚ ਮਹਾਤਮਾ ਗਾਂਧੀ ਦੀ ਭੂਮਿਕਾ ਸਿਰਲੇਖ ਵਾਲਾ ਇੱਕ ਵਿਚਾਰ-ਉਤਸ਼ਾਹ ਵਾਲਾ ਭਾਸ਼ਣ ਪੇਸ਼ ਕੀਤਾ ਗਿਆ। ਭਾਸ਼ਣ ਨੇ ਸੁਤੰਤਰਤਾ ਸੰਗਰਾਮ ਦੌਰਾਨ ਗਾਂਧੀ ਦੇ ਫਲਸਫੇ ਅਤੇ ਰਣਨੀਤੀਆਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਪ੍ਰਦਾਨ ਕੀਤੀ। ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਆਪਣੇ ਸੰਬੋਧਨ ਵਿੱਚ ਮਹਾਤਮਾ ਗਾਂਧੀ ਦੇ ਅਹਿੰਸਾ ਅਤੇ ਸਿਵਲ ਨਾਫ਼ਰਮਾਨੀ ਦੇ ਆਦਰਸ਼ਾਂ 'ਤੇ ਚਾਨਣ ਪਾਉਂਦਿਆਂ ਉਨ੍ਹਾਂ ਦੇ ਮਹੱਤਵਪੂਰਨ ਯੋਗਦਾਨ 'ਤੇ ਚਾਨਣ ਪਾਇਆ। ਉਨ੍ਹਾਂ ਨੇ 'ਸਵੱਛਤਾ' (ਸਵੱਛਤਾ) ਦੀ ਮਹੱਤਤਾ 'ਤੇ ਵੀ ਜ਼ੋਰ ਦਿੱਤਾ, ਜੋ ਕਿ ਗਾਂਧੀ ਦੇ ਮੁੱਖ ਦੇਸ਼ਭੀਆ ਵਿੱਚੋਂ ਇੱਕ ਸੀ, ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਇੱਕ ਸਵੱਛ ਅਤੇ ਵਧੇਰੇ ਚਿੰਮੇਵਾਰ ਸਮਾਜ ਵਿੱਚ ਯੋਗਦਾਨ ਪਾਉਣ ਲਈ ਇਹਨਾਂ ਕਦਰਾਂ ਕੀਮਤਾਂ ਨੂੰ ਆਪਣੇ ਰੋਜ਼ਾਨਾ ਜੀਵਨ ਵਿੱਚ ਅਪਣਾਉਣ ਦੀ ਅਪੀਲ ਕੀਤੀ।



ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਫੌਰ ਵੂਮੈਨ ਗੁਜਰਾਨ ਕੈਂਪਸ ਦੇ ਰਾਜਨੀਤੀ ਵਿਭਾਗ ਆਰ ਐਨ. ਐਸ. ਐਸ. ਭਵਨ ਨੇ ਅੱਜ ਕਾਲਜ ਪਰਿਸਰ ਵਿੱਚ ਗਾਂਧੀ ਜਯੰਤੀ ਮਨਾਈ। ਸਮਾਗਮ ਵਿੱਚ ਰਾਜਨੀਤੀ ਵਿਭਾਗ ਦੀ ਪ੍ਰਮੁੱਖ ਲੈਫਟੀਨੈਂਟ ਸੁਖਜੀਤ ਕੌਰ ਦੁਆਰਾ 'ਸੁਤੰਤਰਤਾ ਅੰਦੋਲਨ ਵਿੱਚ ਗਾਂਧੀ ਜੀ ਦੀ ਭੂਮਿਕਾ' ਸ਼ੀਰਸ਼ਕ ਦੇ ਅਧੀਨ ਇੱਕ ਵਿਚਾਰ-ਉਤਸ਼ਾਹ ਵਾਲਾ ਵਿਚਾਰ-ਉਤਸ਼ਾਹ ਵਾਲਾ ਭਾਸ਼ਣ ਪੇਸ਼ ਕੀਤਾ ਗਿਆ। ਭਾਸ਼ਣ ਨੇ ਸੁਤੰਤਰਤਾ ਸੰਗਰਾਮ ਦੌਰਾਨ ਗਾਂਧੀ ਦੇ ਅਹਿੰਸਾ ਅਤੇ ਸਿਵਲ ਨਾਫ਼ਰਮਾਨੀ ਦੇ ਆਦਰਸ਼ਾਂ 'ਤੇ ਚਾਨਣ ਪਾਉਂਦਿਆਂ ਉਨ੍ਹਾਂ ਦੇ ਮਹੱਤਵਪੂਰਨ ਯੋਗਦਾਨ 'ਤੇ ਚਾਨਣ ਪਾਇਆ। ਉਨ੍ਹਾਂ ਨੇ 'ਸਵੱਛਤਾ' (ਸਵੱਛਤਾ) ਦੀ ਮਹੱਤਤਾ 'ਤੇ ਵੀ ਜ਼ੋਰ ਦਿੱਤਾ, ਜੋ ਕਿ ਗਾਂਧੀ ਦੇ ਮੁੱਖ ਦੇਸ਼ਭੀਆ ਵਿੱਚੋਂ ਇੱਕ ਸੀ, ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਇੱਕ ਸਵੱਛ ਅਤੇ ਵਧੇਰੇ ਚਿੰਮੇਵਾਰ ਸਮਾਜ ਵਿੱਚ ਯੋਗਦਾਨ ਪਾਉਣ ਲਈ ਇਹਨਾਂ ਕਦਰਾਂ ਕੀਮਤਾਂ ਨੂੰ ਆਪਣੇ ਰੋਜ਼ਾਨਾ ਜੀਵਨ ਵਿੱਚ ਅਪਣਾਉਣ ਦੀ ਅਪੀਲ ਕੀਤੀ।

National Voluntary Blood Donation Day

Organized by:	Internal Quality Assurance Cell (IQAC), National Service Scheme (NSS), Red Cross Society, National Cadet Corps (NCC), Red Ribbon Club, and Youth Club
Date:	October 1, 2024
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Social media links	https://www.facebook.com/gnwludhiana/posts/pfbid031VVzNSaNriVgyCoXwpKvTujVmsBqAPzJLepKqCA42oTAnNNEwhGmGnGp95drgwyPl https://www.instagram.com/p/DAkzdbPyTJC/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA==

Under the aegis of the Internal Quality Assurance Cell (IQAC), the National Service Scheme (NSS), the National Cadet Corps (NCC), and the Red Ribbon and Youth Club collaboratively organized a National Voluntary Blood Donation Day on October 1, 2024. The event aimed to raise awareness among students about the critical importance of blood donation and to inspire them to contribute to this life-saving cause.

Various student clubs actively participated in the initiative, engaging their peers through informative sessions designed to educate them on the benefits and need for regular blood donations. Principal Dr. Maneeta Kahlon addressed the students. She underscored the significance of blood donation as a selfless and vital act of service to humanity.

PHOTOGRAPHS



PRESS CLIPPINGS



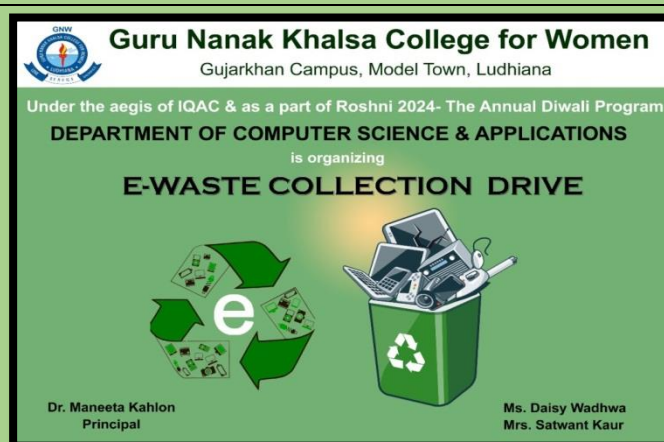
E-Waste collection drive as part of Diwali Event ‘Roshni’

Organized by:	Department of Computer Science and Applications, NSS Unit
Date:	October 28, 2024
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Social media Links:	https://www.facebook.com/gnwludhiana/posts/pfbid02joU78QFoBZgUycuJHdxF9ymstmWV9d4fwNLn8LyX4ntoRSRHBtkmqCbWbRiYeGY7l https://www.instagram.com/p/DBsa8m6ytNR/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA==

Under the aegis of IQAC, The Department of Computer Science and Applications in collaboration with the NSS Unit at Guru Nanak Khalsa College for Women, Model Town, Ludhiana, organized an e-waste collection drive as part of their Diwali celebration event, ‘Roshni’ on October 28, 2024. The initiative aimed to promote environmental sustainability by encouraging responsible disposal of electronic waste among students and faculty. The event was convened by the teachers of the Computer Science department.

Ms. Daisy Wadhwa, Head of Computer Department, and Ms. Satwant Kaur, NSS Programme Officer, informed the students on the environmental hazards of improper e-waste disposal and the importance of recycling and repurposing electronic devices. The event saw active participation from students, who came forward to contribute old and unused electronic items, thereby helping to reduce the environmental footprint of e-waste.

Dr. Maneeta Kahlon, Principal of the college, stated, “This e-waste collection drive reflects our commitment to fostering environmental awareness and responsibility among our students. As educators, it is essential to inculcate values that promote sustainability, and events like ‘Roshni’ provide an ideal platform to inspire positive change.”



PHOTOGRAPHS



Rashtriya Ekta Diwas	
Organized by:	Internal Quality Assurance Cell (IQAC), NCC Wing, NSS Unit, Department of Political Science and History
Date:	October 31, 2024
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Social media Links:	https://www.facebook.com/share/p/xKxw414G5Cxtjgh5/
	https://www.instagram.com/p/DB-du37yWOS/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFlZA==
Under the aegis of the Internal Quality Assurance Cell, the NCC Wing , NSS Unit, Department of Political Science and History of Guru Nanak Khalsa College for Women,	

Model Town, Ludhiana, celebrated Rashtriya Ekta Diwas on October 31, 2024, with the theme "One Nation, One Vision, One India."

On this occasion, Cadet Kirandeep Kaur recited a poem reflecting the spirit of unity and national integrity, while other cadets created informative posters to promote the significance of the day. A total of thirty two students actively participated in this; the event was conducted under the supervision of Lt. Sukhjot Kaur (ANO), Unit Staff Hav. Minta Singh was also present. College Principal Dr. Maneeta Kahlon appreciated the cadets' efforts and highlighted the significance of Rashtriya Ekta Diwas in fostering unity and integrity among the citizens of India. She encouraged the students to embody the values of togetherness and patriotism in their daily lives.

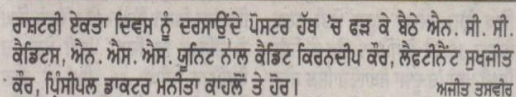


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ਲੁਧਿਆਣਾ, 4 ਨਵੰਬਰ (ਜਸਵਿੰਦਰ ਸਿੰਘ)—ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸੋਸ਼ੇਸ਼ਨ ਸੈੱਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਗੁਰੂ ਨਾਨਕ ਖ਼ਾਲਸਾ ਕਾਲਜ ਫ਼ਾਰ ਵੂਮਨ ਦੇ ਐਨ.ਸੀ.ਸੀ.ਵਿੰਗ, ਐਨ. ਐਸ. ਐਸ. ਯੂਨਿਟ, ਰਾਜਨੀਤੀ ਸ਼ਾਸਤਰ ਤੇ ਇਤਿਹਾਸ ਵਿਭਾਗਾਂ ਵਲੋਂ ਰਾਸ਼ਟਰੀ ਏਕਤਾ ਦਿਵਸ ਮਨਾਇਆ, ਜਿਸ ਦਾ ਵਿਭਾ ਇਕ ਰਾਸ਼ਟਰ, ਇਕ ਵਿਜ਼ਨ, ਇਕ ਭਾਰਤ ਸੀ। ਇਸ ਮੌਕੇ ਕੈਡਿਟ ਕਿਰਨਦੀਪ ਕੌਰ ਨੇ ਏਕਤਾ ਤੇ ਰਾਸ਼ਟਰੀ ਅਖੰਡਤਾ ਦੀ ਭਵਨਾ ਨੂੰ ਦਰਸਾਉਂਦੀ ਕਵਿਤਾ ਦਾ ਪਾਠ ਕੀਤਾ, ਜਦ ਕਿ ਹੋਰ ਕੈਡਿਟਾਂ ਨੇ ਇਸ ਦਿਵਸ ਦੀ ਮਹੱਤਤਾ ਨੂੰ ਪ੍ਰਫੁੱਲਤ ਕਰਨ ਲਈ ਸ਼ਾਇਰਾਗੀ ਭਰਪੂਰ ਪੋਸਟਰ ਬਣਾਏ। ਇਸ ਵਿਚ ਕੁਲ 32 ਵਿਦਿਆਰਥੀਨੀਆਂ ਨੇ ਸਰਗਰਮੀ ਨਾਲ ਭਾਗ ਲਿਆ। ਇਹ ਸਮਾਗਮ ਲੈਕਚਰੀਨੈਂਟ ਸੁਖਜੀਤ ਕੌਰ (ਏ. ਐਨ. ਓ.) ਦੀ ਨਿਗਰਾਨੀ ਹੇਠ ਕਰਵਾਇਆ। ਯੂਨਿਟ ਸਟਾਫ਼ ਹੋਵੀ, ਮਿੱਟਾ ਸਿੰਘ ਵੀ ਹਾਜ਼ਰ ਸਨ। ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੌਂ ਨੇ ਕੈਡਿਟਾਂ ਦੇ ਯਤਨਾਂ ਦੀ ਸ਼ਲਾਘਾ ਕੀਤੀ ਅਤੇ ਭਾਰਤ ਦੇ ਨਾਗਰਿਕਾਂ 'ਚ ਏਕਤਾ ਦੇ ਅਖੰਡਤਾ ਨੂੰ ਵਧਾਉਣ ਲਈ ਰਾਸ਼ਟਰੀ ਏਕਤਾ ਦਿਵਸ ਦੀ ਮਹੱਤਤਾ ਨੂੰ ਉਸਾਰਾਗੀ ਕੀਤਾ।



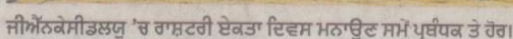
ਸਟਾਫ਼ ਪ੍ਰਤੀਨਿਧ, ਪੰਜਾਬੀ ਜਾਗਰਣ ●
ਲੁਧਿਆਣਾ : ਐਨਐਸੀਜੀ ਵਿੰਗ, ਐਨਐਸਐਸ ਯੂਨਿਟ, ਰਾਜਨੀਤੀ ਸ਼ਾਸਤਰ ਦੇ ਇਤਿਹਾਸ ਵਿਭਾਗ ਹੇਠ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲਕਨੌਈ ਦੇ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਇੰਸ਼ੈਰੈਂਸ ਸੈਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਰਾਸ਼ਟਰੀ ਦੇਸ਼ਤਾ ਦਿਵਸ ਮਨਾਇਆ, ਜਿਸ ਦਾ ਵਿਸ਼ਾ ਇੱਕ ਰਾਸ਼ਟਰ, ਇੱਕ ਵਿਜ਼ਨ, ਇੱਕ ਭਾਰਤ ਰੱਖਿਆ ਗਿਆ।

ਸਮਾਗਮ ਦੌਰਾਨ ਕੈਡਿਟ ਕਿਰਨਦੀਪ ਕੌਰ ਨੇ ਦੇਸ਼ਤਾ ਦੇ ਰਾਸ਼ਟਰੀ ਅਖੰਡਤਾ ਦੀ ਭਾਵਨਾ ਨੂੰ ਦਰਸਾਉਂਦੀ ਕਵਿਤਾ ਦਾ ਪਾਠ ਕੀਤਾ, ਜਦਕਿ ਹੋਰ ਕੀਤੀ ਨੇ ਇਸ ਦਿਵਸ ਦੀ ਮਹੱਤਤਾ ਨੂੰ ਪ੍ਰਭੇਦਤ ਕਰਨ ਲਈ ਜਾਨਕਾਰੀ

ਭਰਪੂਰ ਪੋਸਟਰ ਬਣਾਏ।

ਇਸ ਵਿਚ ਕੁੱਲ 32 ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਸਰਗਰਮੀ ਨਾਲ ਭਾਗ ਲਿਆ, ਇਹ ਸਮਾਗਮ ਲੈਬਟੋਰੇਟਰੀ ਸੁਖਜੀਤ ਕੌਰ (ਏਐਨਐਚ) ਦੀ ਨਿਗਰਾਨੀ ਹੇਠ ਕਰਵਾਇਆ ਗਿਆ। ਯੂਨਿਟ ਸਟਾਫ਼ ਹੋਵੀ ਮਿੱਟਾ ਸਿੰਘ ਵੀ ਹਾਜ਼ਰ ਸਨ।

ਇਸ ਦੌਰਾਨ ਕਾਲਜ ਦੇ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਚਾਕਲੋ ਨੇ ਕੈਡਿਟਾਂ ਦੇ ਯਤਨਾਂ ਦੀ ਸ਼ਲਾਘਾ ਕੀਤੀ ਅਤੇ ਭਾਰਤ ਦੇ ਨਾਗਰਿਕਾਂ ਵਿੱਚ ਦੇਸ਼ਤਾ-ਅਖੰਡਤਾ ਨੂੰ ਵਧਾਉਣ ਲਈ ਉਨ੍ਹਾਂ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ। ਉਨ੍ਹਾਂ ਕਿਹਾ ਕਿ ਰਾਸ਼ਟਰ ਵਿੱਚ ਦੇਸ਼ ਬਹੁਤ ਹੀ ਜ਼ਿਆਦਾ ਜ਼ਰੂਰੀ ਹੈ।



Cyber Jagrukta Diwas	
Organized by:	Department of Computer Science in Collaboration with NSS
Date:	06-11-2024
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Social media Links:	https://www.facebook.com/share/p/Kdpd8rVVk21bUqso/ https://www.instagram.com/p/DBxn290yuqO/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA==
<p>Under the aegis of IQAC, the Department of Computer Science and Applications at Guru Nanak Khalsa College for Women, Model Town, Ludhiana, observed Cyber Jagrukta Diwas, a monthly Cyber Awareness Day dedicated to promoting cyber security awareness. The event is part of a regular initiative held on the first Wednesday of every month, aimed at educating students about safe digital practices.</p> <p>During the event, students from the Computer Science Department took the lead in informing their peers about essential cyber security practices to enhance digital safety. They shared</p>	

practical tips and guidance on how to protect personal information online, recognize potential cyber threats, and adopt secure habits when using technology.

Ms. Daisy Wadhwa and Ms. Harpreet Kaur, Assistant Professors in the Department of Computer Science and Applications, conducted a session on key cyber security tips, highlighting common online risks and strategies to mitigate them. They emphasized the importance of being vigilant in the digital space and maintaining good cyber hygiene.

The college community also participated in an online session organized by the University Grants Commission, which included the launch of the "Handbook on Basics of Cyber Hygiene for Higher Education Institutions" and a "Chetna Lecture on Busting Digital Arrest."

College Principal Dr. Maneeta Kahlon expressed her thoughts on the importance of cyber security awareness, stating, "In today's digital age, it is essential for our students to be well-informed about cyber threats and the measures they can take to protect themselves. Cyber Jagrukta Diwas is a significant step in empowering our students to navigate the online world safely and responsibly."

PHOTOGRAPHS



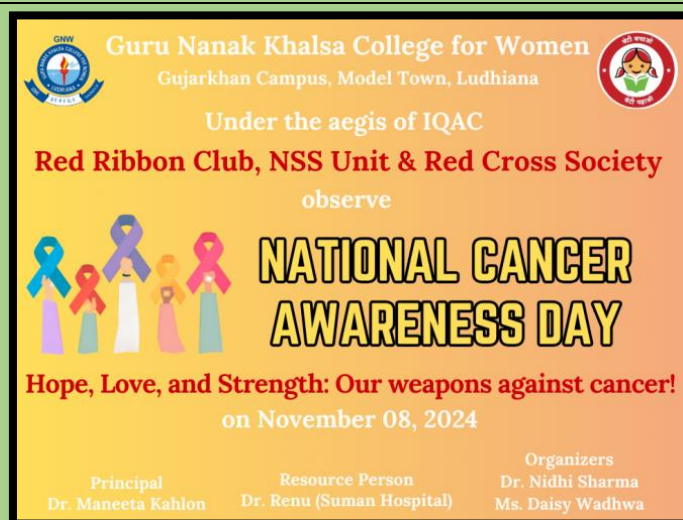
Awareness Talk on National Cancer Awareness Day	
Organized by:	Red Ribbon Club, NSS Unit, Red Cross Society, under the aegis of IQAC
Date:	November 8, 2024
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Social media Links:	https://www.facebook.com/share/p/1K7jjVu4A5/ https://www.instagram.com/p/DCGjdFAyXpY/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

To observe National Cancer Awareness Day, the Red Ribbon Club, NSS Unit, and Red Cross Society, under the aegis of IQAC of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, held an awareness talk to educate students on cancer prevention and the importance of early detection. The day, observed annually in India, aims to promote awareness and proactive health practices, and it marks the birth anniversary of Madame Marie Curie, the Nobel Prize-winning scientist whose pioneering work on radioactivity has been instrumental in cancer research and treatment.

Dr. Renu Gupta, Consultant Gynaecologist, Suman Hospital, Ludhiana, served as the resource person for the event. In her informative talk, she highlighted the significance of Cancer Awareness, discussing the symptoms, risk factors, and early detection strategies essential for improving outcomes. Dr. Renu emphasized that early screening and awareness can play a pivotal role in reducing cancer-related deaths.

The event was coordinated by Dr. Nidhi Sharma and Ms. Daisy Wadhwa, the coordinators of Red Ribbon Club.

The college Principal Dr. Maneeta Kahlon spoke on the necessity of creating a well-informed and health-conscious generation. "Awareness and education are vital in our fight against cancer," Dr. Kahlon stated. "By equipping our students with essential health information, we hope they will inspire positive changes in their families and communities."



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National Integration Week Observation 2024

Organized by:

Internal Quality Assurance Cell (IQAC), NSS Unit, Red Cross Society, and EBSB Club

Date:

November 22, 2024

Venue:

Guru Nanak Khalsa College for Women, Model Town, Ludhiana

Social media Links:

<https://www.facebook.com/share/p/14vobNZyVj/>

https://www.instagram.com/p/DCqjb8GSa7S/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Under the aegis of the Internal Quality Assurance Cell (IQAC), NSS Unit, Red Cross Society and EBSB Club of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, observed National Integration Week on November 22, 2024. The event aimed to promote the spirit of unity, harmony, and patriotism among students, emphasizing the importance of national integration in building a cohesive society.

The session began with informative lectures by NSS Programme Officer Dr. Neetu Prakash and Mrs. Satwant, who shared their insights on the significance of National Integration, highlighting its

Madam Principal Dr. Maneeta Kahlon encouraged students to be ambassadors of national integration, stressing that true unity comes from understanding and respecting the rich diversity of India.

PHOTOGRAPHS

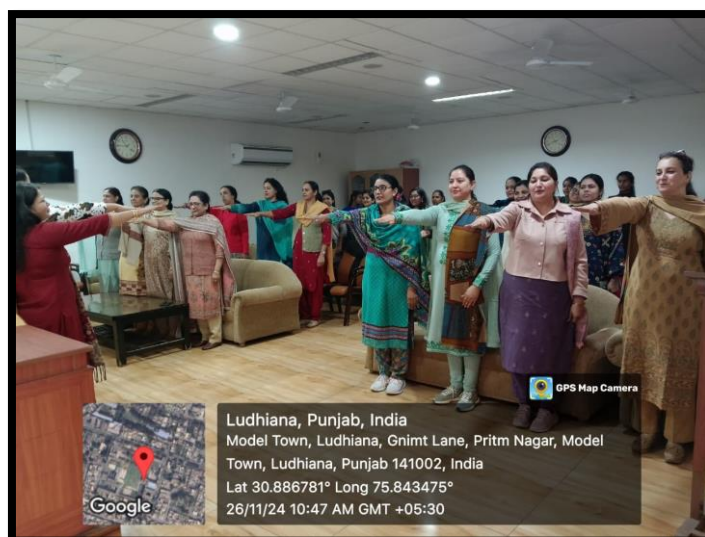


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Constitution Day Observation 2024	
Organized by:	Internal Quality Assurance Cell (IQAC), NSS Unit, Red Cross Society, EBSB Club, Department of Public Administration, NCC Wing, and Department of Political Science
Date:	November 26, 2024
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Social media Links:	https://www.facebook.com/share/p/17HNz8MTfq/ https://www.instagram.com/p/DC0uN9WyhYR/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==
<p>Under the aegis of the Internal Quality Assurance Cell (IQAC), NSS Unit, Red Cross Society, EBSB Club, Department of Public Administration, and NCC Wing and Department of Political Science of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, observed Constitution Day in the college campus today. The event aimed to raise awareness among students about the significance of the Indian Constitution and its enduring relevance in shaping the nation's democratic framework.</p> <p>The program was conducted under the guidance of the NSS officers, Dr. Neetu Prakash and Mrs. Satwant Kaur, along with Associate NCC Officer, Lt. Sukhjit Kaur, who ensured the smooth execution of the activities. A key highlight of the observance was the collective taking of the Constitution Day pledge, in which all participants reaffirmed their commitment to the values of justice, equality, and liberty enshrined in the Constitution.</p> <p>Principal, Dr. Maneeta Kahlon, addressed the gathering and highlighted the crucial role of education in instilling the core values of the Constitution.</p> <p>This observance not only helped students understand the foundational principles of the Indian democracy but also encouraged them to actively participate in upholding the values of the Constitution in their everyday lives.</p> <p style="text-align: center;">PHOTOGRAPHS</p>	





Participation in Chrysanthemum Show 2024	
Organized by:	Internal Quality Assurance Cell, Greenery Committee of Eco Club, and NSS Unit
Date:	December 3rd and 4th, 2024
Venue:	Punjab Agricultural University, Ludhiana
Social media Links:	https://www.facebook.com/share/p/1EyAUpPcHP/
	https://www.instagram.com/p/DDLvJxfSbmN/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==
<p>Under the aegis of Internal Quality Assurance Cell, Greenery Committee of Eco Club and NSS Unit of Guru Nanak Khalsa College for Women participated in the Chrysanthemum show held at Punjab Agricultural University, Ludhiana on December 03 and 04, 2024 in categories such as Decorative, Single and Semi –Double varieties of these flowers. This flower show is held in the memory of the famous Punjabi poet Bhai Veer Singh Ji. The college paid tribute to the poet by participating in this flower show. Under the able guidance of the principal, Dr. Maneeta Kahlon and Incharge of the Greenery Committee of the college, Mrs. Gagneet Pal Kaur, gardeners of the college Mr. Subhash, Mr. Amit, Mr. Nitin and the student members of the committee, the college has been able to maintain its beautiful and lush green lawns. General Secretary of the college governing body, Er. Gurvinder Singh Sarna and Madam Principal Dr. Maneeta Kahlon appreciated the efforts taken by the team and congratulated them for their endeavors.</p>	

PHOTOGRAPHS



Human Rights Day Celebration 2024

Organized by:	Department of Political Science and NSS Unit, under the aegis of the Internal Quality Assurance Cell (IQAC)
Date:	December 10, 2024
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Social media Links:	https://www.facebook.com/share/p/1B6eq9JQBW/
	https://www.instagram.com/p/DDbUI53yd-n/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFiZA==

Under the aegis of the Internal Quality Assurance Cell (IQAC), the Department of Political Science and NSS Unit of Guru Nanak Khalsa College for Women, Model Town, Ludhiana, celebrated the Human Rights Day on 10th December 2024. This significant day, observed annually since 1948, commemorates the adoption of the Universal Declaration of Human Rights by the United Nations General Assembly. The theme for this year's celebration was "Our Rights, Our Future, Right Now," emphasizing the urgent need to address and protect human rights. The event was marked by a thought-provoking lecture delivered by the Head of Department Lt. Sukhjit Kaur, highlighted the relevance of human rights in today's world.

College Principal Dr. Maneeta Kahlon in her address underlined the profound significance of human rights in fostering equality, dignity, and justice for all individuals. She further emphasized the importance of raising awareness about these rights and their role in shaping a fairer and more peaceful society.

PHOTOGRAPHS



Veer Bal Diwas	
Organized by:	Department of Punjabi , EBSB, Red Cross Society and NSS Unit
Date:	December 26, 2024
Venue:	Guru Nanak Khalsa College for Women, Model Town, Ludhiana
Social media Links:	https://www.facebook.com/gnwludhiana/posts/pfbid02TB5gJyqLnKeYQKUvZ2FvqkcMs4rY1RrszRVVQk8ECdPQGpwtSmNimHCc5T4JAdovl https://www.instagram.com/p/DECNAMsSuOO/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==
<p>Under the aegis of Internal Quality Assurance Cell, Department of Punjabi , EBSB, Red Cross Society and NSS Unit of Guru Nanak Khalsa College for Women observed Veer Bal Diwas in the college campus today. The day is observed annually to honour the supreme sacrifices of the Sahibzadas, the four sons of Guru Gobind Singh Ji and to uphold their legacy of justice, righteousness and unwavering courage.</p> <p>Mrs. Inderjit Kaur, Assistant Professor, delivered a lecture on the teachings and martyrdom of Sahibzadas . Students and Faculty members of the college witnessed the live streaming of the Prime Minister Mr. Narendra Modi's address on Veer Bal Diwas.</p> <p>Principal Dr. Maneeta Kahlon stressed that the sacrifices of Sahibzadas continue to guide us in building a just and compassionate society.</p>	

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